

NORTH SHORE RADIOLOGY  
& NUCLEAR MEDICINE



# STRESS SESTAMIBI TEST

## Information Brochure

**North Shore Radiology & Nuclear Medicine  
North Shore Private Hospital  
Ground Floor, 3 Westbourne Street  
St Leonards 2065 NSW  
Tel: 02 9170 4500 Fax: 02 9170 4577**

[northshoreradiology.com.au](http://northshoreradiology.com.au)

## **Information**

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# **ABOUT A STRESS SESTAMIBI SCANS**

### **What is it?**

This test evaluates blood flow to the heart.

### **How is the test done and how long does it take?**

After the test is explained to you, a technologist will insert a cannula and inject a small dose of radioactive Sestamibi. Some 45 minutes later you will be positioned under a specialised camera which takes scans (pictures) of your heart. This takes about half an hour. A doctor will further discuss the test with you prior to you being taken to the stress laboratory.

In the stress laboratory, a technician will place several ECG dots on your chest and take your blood pressure. You will be asked to commence walking on a treadmill while your heart rhythm and performance is carefully monitored by the doctor. Near the end of the treadmill test, the doctor will give you an injection of another small dose of sestamibi through the cannula. About 15 minutes later you will be positioned under the camera again for a similar set of scans of your heart.

The total time of the test may take up to 5 hours.

## **Is it painful and are there any side effects?**

Except for a metallic taste, you should not notice any side effects from the injection. Serious side effects from the exercise are extremely rare. You will be closely monitored throughout the test.

Can I take my normal medications?

In most cases, yes. However, there are various cardiac (heart) medications which you will need to discontinue (for two days prior to the test), including Isoptin and Beta Blockers (including Inderal, Betaloc, Lopressor, Aptin, Tenormin, Visken). We will advise you which ones to cease and for how long. You may need to check with your doctor, regarding the cessation of your medication.

## **Can I eat and drink on the day of my test?**

No. You should not have anything to eat or drink (except for water) on the morning of your test. Do not have breakfast. Also you should not have foods or drinks containing caffeine (including coffee, tea, chocolate, cola or cocoa) for 24 hours before your test. If you are a diabetic and take insulin, you may have a light breakfast with half your morning insulin, several hours before the test. Diabetic patients should ring and discuss this with one of our staff.

## **What if I am pregnant?**

The test will usually not be performed on pregnant women. If you know that you are (or think you might be) pregnant, please inform us before the test begins.

## **Will I get the result on leaving the department?**

No. Computer analysis is done after the test. The results are sent to your referring doctor. In urgent cases the result is sent by facsimile or given by telephone.

## **Can I drive home after the scan?**

Yes. You will not be drowsy in any way.

## **What should I do on the day of the test?**

Please remember to bring your requesting letter and any recent X-rays or CT scans. At the time of your appointment, report to North Shore Radiology and Nuclear Medicine, which is located on the ground floor of North Shore Private Hospital in Westbourne St. Remember to bring loose clothes and comfortable walking or jogging shoes for walking on the treadmill.

An appointment has been made for you at

Time: \_\_\_\_\_

Date: \_\_\_\_\_

Estimate: \_\_\_\_\_

If you are unable to keep your appointment please notify us as early as possible so we can arrange a more suitable time.

**Please bring with you all relevant previous x-rays and scans that you have in your possession.**

## Parking

You can reach us by car, bus, train, or taxi.

We are located within the grounds of the Royal North Shore Campus, in St. Leonards, just off the Pacific Highway or Gore Hill Freeway.



\*Refer map over page.



Metered street parking is available on Westbourne Street.

Parking is also available in the multi storey car park accessed from Westbourne Street or Reserve Road.



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