



## IS THE TEST SAFE?

Yes, the MPI scan is safe. Although there is some radiation during the test, the amount is within the accepted safety levels.

During the stress test, your heart rate, blood pressure and ECG will be closely monitored by our doctor.

If you are or are likely to be pregnant, please inform your doctor. It is advisable that you do not proceed with the test as radiation is involved.

To avoid unnecessary radiation exposure, you are advised to:

- Minimise contact with pregnant ladies and infants for 24 hours after the test;
- Avoid bringing young children below the age of 12.

If you are breastfeeding, resume only 24 hours after the test.

## CAN I UNDERGO THE TEST IF I AM NOT FEELING WELL?

If you are having flu with fever, infectious disease such as sore eye or chicken pox, or feeling lethargic, you should not undergo the test. You will be examined by a doctor to ensure that you are fit to undergo the test.

## PAYMENT AND ENQUIRIES

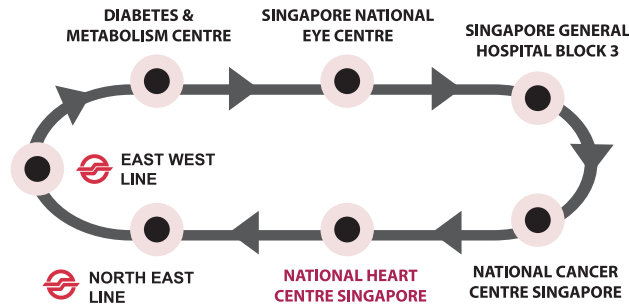
You can use cash, NETS or major credit cards to pay for your scan.

To reschedule your appointment, please call (65) 6704 8181 between 8am to 5pm from Mondays to Fridays, or between 8am to 12pm on Saturdays.

If you have any query, you may email us at [nhcs@nhcs.com.sg](mailto:nhcs@nhcs.com.sg).

## GETTING TO NHCS

### FREE SHUTTLE BUS ROUTE & OPERATING HOURS



Monday - Friday	8am to 7pm
Saturday	8am to 2pm
Sunday & Public Holidays	No service

### BUS SERVICE

Jalan Bukit Merah (opp Blk 149)	120, 147, 167, 196, 197, 961
Kampong Bahru Road (before Hospital Drive)	61, 120, 124, 143, 147, 166, 167, 196, 197, 961
New Bridge Road Bus Terminal (after Hospital Drive)	2, 12, 54, 120, 121, 122, 167, 174, 174e, 190, 196, CT8, CT18, CT28
Eu Tong Sen Street (before Outram Road)	61, 124, 143, 147, 166, 197, 961
Outram Road (opp Outram Park MRT)	33, 63, 75, 121, 122, 174, 174e, 851, 970

### MRT SERVICE

Outram Park MRT      East West Line (EW16)      North East Line (NE3)

### NATIONAL HEART CENTRE SINGAPORE

5 Hospital Drive, Singapore 169609  
 Tel: (65) 6704 8000  
 Fax: (65) 6844 9030  
 Email: [nhcs@nhcs.com.sg](mailto:nhcs@nhcs.com.sg)  
 Website: [www.nhcs.com.sg](http://www.nhcs.com.sg)

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**PATIENTS. AT THE HEART OF ALL WE DO.®**

DEPARTMENT OF CARDIOLOGY

# Myocardial Perfusion Imaging



## WHAT IS MYOCARDIAL PERFUSION IMAGING?

Myocardial Perfusion Imaging (MPI), also known as a MIBI scan, allows us to assess the function and blood flow of your heart at rest or during exercise by injecting a radioactive tracer, followed by taking images of the heart using a special camera (gamma camera). This test helps your doctor decide if you need further treatment or surgery for your heart condition.

## PREPARING FOR YOUR MPI SCAN

Please stop medications (if any), two days before and on the day of the scheduled stress test, unless advised otherwise by your doctor.

If you were asked to stop your medications, please bring them along so that you can consume them after the test.

If you are unsure of which medications to stop, please refer to the list of heart medications below:

- Acebutolol (Sectral)
- Aminophylline
- Atenolol (Tenormin)
- Atenolol with Nifedipine (Niften)
- Bisoprolol (Concor)
- Btexasolol (Kerlone)
- Labetolol (Trasicor)
- Metoprolol (Betaloc)
- Nadolol (Corcard)
- Pindolol (Visken)
- Propranolol (Inderal, Cardinol, Duranol, Contelol)
- Sotalol (Sotacor)
- Timolol (Blocadren)
- Tertatolol (Artex)
- Theophylline (Nuelin)



Please do not drink or consume any of the following 12 hours before the scheduled test, with the exception of plain water:

- Caffeinated drinks, including coffee and all types of tea
- Carbonated soft drinks
- Milo, Horlicks and Ovaltine
- Chocolate

You may have a light meal before the test if you **do not have blood tests scheduled on the same day.**

Please wear (or bring along) exercise attire and comfortable shoes for exercising or walking on the treadmill. Lockers and changing rooms are available for use.

For male patients, it may be necessary to shave your chest before the test for good electrocardiogram (ECG) electrodes placement. You may choose to shave on your own or request for a nurse to assist you.

## WHAT TO EXPECT ON THE DAY OF YOUR SCAN

### STRESS TEST AND SCAN



- **This will take up to three hours inclusive of waiting time**

You will be required to exercise on the treadmill during which a small dose of radioactive tracer is injected through the vein on your hand.

If you are unable to exercise on the treadmill, an alternative method will be provided. Our doctor will inject a special medication to stress your heart while you walk slowly on the treadmill or lie down on a couch.

After the stress test, you will need to wait for 30 minutes to two hours before proceeding with the stress scan. Your reporting doctor will review the stress scan images and decide if a rest scan is required on the same day or separate day.

### REST SCAN ON THE SAME DAY

- **This will take up to three hours inclusive of waiting time**

The same-day rest scan is reserved for patients who have a doctor's appointment within a week from their MPI scan appointment.

Patients who have the MPI scan appointment in the **afternoon** will be required to have the rest scan done on a **separate day.**

The rest scan will start three hours after the first radiotracer injection which was given during the stress test. You can have your meal before the scan. A small dose of radioactive tracer will again be injected through the vein on your hand and the rest scan will be performed about one hour after the injection. You may be required to wait for more than one hour to allow the tracer to completely flow through the artery to the heart.

### REST SCAN ON A SEPARATE DAY

- **This will take up to three hours inclusive of waiting time**

You will return on another day to have your rest scan done. There is no fasting or any diet restriction before this scan. No payment is required if you have already paid for your stress scan. The procedure is similar to the rest scan on the same day.

### EXCEPTIONS

Depending on the doctor's decision and your medical condition, a rest scan may be performed first before the stress test and scan.