

# Myocardial Perfusion Test - Rest

## Patient information factsheet

### What is a Nuclear Medicine scan?

- A nuclear medicine scan is a very common medical procedure.
- It uses small amounts of radioactive materials to show a specific organ.
- This helps your Doctor diagnose (find the problem) and, in some cases, treat some diseases.
- The scan uses a gamma camera to look for signs of disease. A gamma camera is a medical imaging device used to take pictures of what's happening inside the body.
- It shows the Doctor how well your organs are working. Other types of scans show what your organs look like.

### What is a Myocardial Perfusion scan?

- A myocardial perfusion scan looks at the pumping action of your heart and the flow of blood to your heart muscle.
- It can help diagnose coronary heart disease and may also be used by doctors to find out if you'd benefit from a coronary angioplasty or coronary bypass surgery.
- This is usually a 2-day procedure, the rest scan and the stress scan.

### Do I have to do anything to prepare for the rest scan?

- Please inform us if you weigh more than 100 kg.
- You should bring your tablets and a list of your medications when you come for their appointment.

## What happens on the day of the rest scan?

- Allow at least 2 hours for this procedure.
- This is usually the first day of the test.

### On arrival

- You will be asked to fill in a questionnaire related to the condition of your heart and associated conditions.
- The procedure will be explained to you
- You will then be given an injection of a radioactive tracer that shows the muscles of your heart.

### At least 30 minutes after the injection

- A scan of your chest will be done while you are lying down flat on your back.
- We need to position you with both arms over your head for this scan.
- Please let us know if you think you will have difficulty in maintaining this position.
- The scan takes about 15 minutes.
- We may need to re-scan you if the images are blurry or if there is any movement on it.
- You will be asked to drink a minimum of six cups of water before the scan to help with the quality of the images.

## Is it dangerous?

- The scans are safe and painless.
- Only a tiny amount of radioactive tracer is used, so the risk from radiation is very small.
- If you have any worries or questions about the scan, please talk to your Doctor or contact the Nuclear Medicine department.

## Is there anything you need to tell us before the scan?

- Before your appointment, tell the Nuclear Medicine Technologist or Radiographer if you might be pregnant or are breastfeeding.
- Please also tell us if you cannot lie down flat.

## What happens after the scan?

- Drink lots of water.
- The radioactive tracer leaves your body through your pee (urine). Drinking lots of water will help get rid of it faster.
- **Do not have any blood or urine tests for 24 hours after your scan because the radioactive tracer may still be in your body.**
- Avoid close prolonged contact with children under 5 and anyone that might be pregnant for 24 hours.

## How do I get my result?

- Once you have had both your rest scan and your stress scan, a Radiologist reviews (looks at) the scans and sends the report to the Specialist Doctor who asked for it. They will then contact you directly.
- This can take about 2 to 3 weeks.

## Is there anything else I should know?

- You will need to lie down flat and stay still during the scan. Moving can make the pictures unclear.
- A low dose CT scan (computerized tomography) will be done to see your heart muscles.
- The CT scanner uses X-ray radiation to produce images.
- **Please do not bring anyone with you who is pregnant or under 18 years old.** This is because there are radioactive materials in the department.
- If you need an interpreter, please tell the Nuclear Medicine department, and they will arrange one for you.

## Contact our service

Email: [whh-tr.nuclearmedwhitthealth@nhs.net](mailto:whh-tr.nuclearmedwhitthealth@nhs.net)

Monday to Thursday, 9am to 5pm: 020 7288 5517.

Friday: Please call our mobile on 07747 037 143.

## Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net).

If you need a large print, audio or translated copy of this leaflet, please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

**020 7272 3070** | Whittington Health NHS Trust, Magdala Avenue, London, N19 5NF  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk) | [x.com/WhitHealth](https://x.com/WhitHealth) | [facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

## Document information

Date published: 14/04/2026 | Review date: 14/04/2028 | Ref: ACW/Imag/MyocPerfREST/01  
© Whittington Health NHS Trust. Please recycle