

## Purpose of the Test

A Myocardial Perfusion Imaging (MIBI) scan is performed to assess blood flow to the heart muscle at rest and during stress. It helps detect and guide management of conditions such as Coronary Artery Disease.

## Overview of the Procedure

This test is conducted as a two-part study, with one session in the morning and one in the afternoon. **Each session may take up to 2 hours. You must be available all day for this test.**

## Stress Phase (Morning Appointment)

1. The heart is assessed under “stress” using one of the following methods:
  - Exercise bike program with gradually increasing speed and resistance
  - IV medication stimulus to mimic exercise
  - In some cases, a combination of both exercise and medication
2. A small amount of radioactive tracer is injected to allow imaging of heart activity.
3. Heart imaging is taken ~30-60 minutes after injection (scan duration: ~20 mins)

## Break Between Appointments

- You will be permitted to leave the department & can eat lunch during the break
- You will be told a specific time to return for the second session, this time will be given to you on the day.

## Rest Phase (Afternoon Appointment)

- A second tracer injection is administered
- After a waiting period of ~30-60 minutes, imaging is performed (~20 minutes)

Note: In some cases, the order of the test may be reversed (rest phase conducted in the morning and stress phase in the afternoon).

\*\*Additional scans are sometimes required

## Your Appointment

Date:

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Time:

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## Location Information

We perform this test at our Radiology SA Playford Clinic, situated within the **Playford Health Hub, at 46 John Rice Ave, Elizabeth Vale, 5112, SA**

Time-limited time street parking is available. Paid parking is also available at the Wilson car park adjacent to the building.

## RADIOLOGY SA NUCLEAR SPECIALISTS

- Dr Bridgid Connolly
- Dr Robert Cooper
- Dr Esber El-Barhoun
- Dr Vivian Hall
- Dr Alex Pearce
- Dr Mohamed Mohamed



## Preparation Instructions

To ensure accurate results, please follow these instructions carefully:

### Food and Drink

You may have a light breakfast and drink small amounts of water.

### Caffeine

• **Avoid all caffeine 24 hours prior to the test**, including:

- Coffee, tea (including decaffeinated varieties)
- Chocolate
- Cola and energy drinks

**NOTE:** Caffeine can interfere with medications used during the test and may result in your procedure being rebooked for another day.

## What to bring

- Radiology referral
- Medicare card, Healthcare/concession card (if applicable)
- List of current medications

## Clothing

- Wear comfortable clothing and shoes suitable for exercise
- Avoid metal objects on the chest area if possible

## Other Important Information

- Inform staff if you are **pregnant, breastfeeding, or may be pregnant**
- Notify staff if you have asthma or breathing difficulties
- Allow 6-8 hours for the full procedure

### Contact Information

If you have any questions regarding your appointment or preparation, please contact the Nuclear Medicine department prior to your test date.

**P:** 08 8402 0200

**E:** PET@radiologysa.com.au

