Department of Diagnostic Radiology

Patient Information Leaflet: Myoview Scan (Rest)

This is a resource intensive, specialised scan so it is very important to confirm your appointment or let us know at least 48 hours prior to the scan that you cannot make the scan appointment.

Please allow 2 hours for the investigation from start to finish.

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What is a Nuclear Medicine Myoview (Rest) Scan?

As you have already had your stress test Myoview scan, you are required to return for a second scan, for a comparison, to look at your blood supply when your heart is resting.

What preparation do I need?

There is no preparation required for this test.

What does the procedure involve?

The procedure will be explained to you on arrival. You will be cannulated, usually into the vein in your arm or the back of your hand.

A radioactive tracer will be injected to show up the blood supply to your heart muscle. This part of the test will take about 15 minutes.

You will be asked to sit in our Nuclear Medicine waiting area for 50 minutes, during this time we ask that you eat something to help drain your gall bladder and liver allowing clear images of your heart.

Please bring a fatty snack to the appointment with you. This could be a cheese sandwich, bar of chocolate, cream cake-whatever you prefer.

After 50 minutes pictures will be taken of your heart with a special camera with you lying on a couch. This will take 15 minutes and after this procedure is over you are able to leave.

Is there anything I should tell the staff?

Please telephone us on the number in the appointment letter if any of the below applies to you:

- If you are pregnant or if you think you might be pregnant. Tell us this BEFORE you have your injection. Also tell us if you are breastfeeding. Individuals who are chestfeeding are advised to follow guidance available on NHS website.
- If you have difficulty moving from a chair to a bed, please let us know before you arrive so arrangements can be made.
- If you have a Carer or if you are a Carer or if you reside in a care home.

- If you have any other medical or dental appointments in the 48 hours following the scan.

What happens after the examination?

You can continue as normal but you will be emitting a small amount of radiation for 24 hours post injection. Please avoid close contact with children and pregnant women for 24 hours post procedure. Close contact means having a child or pregnant woman sitting next to you for more than 30 minutes. This is to avoid these individuals being exposed to unnecessary radiation.

Lactating mothers are advised to completely express and discard the first feed after the injection and to not breast feed for 4 hours post injection. They are also advised to avoid prolonged contact with their infant for the 12 hour period post injection as this will reduce the infant's exposure to the small amounts of radiation.

A report is sent to the doctor who requested the scan within two weeks, the doctor will send a letter with a follow-up appointment or the results of the test.

Is it safe?

It is important that you are aware that you will receive a small dose of radiation as part of your Nuclear Medicine diagnostic procedure. The dose given to you is as per the guidelines provided by national regulations and is set to the level needed for effective diagnosis or treatment. We aim to keep your dose as low as possible, without compromising the diagnostic quality of your images.

What is Diagnostic Nuclear Medicine procedure?

Diagnostic Nuclear Medicine procedure involves injecting a small amount of radioactive material into your body through a vein in your arm or hand or sometimes this will be administered by ingestion. This radiation can then be detected by a gamma camera to give information on organ function/physiology. There will be a low level of radiation present in your body for several hours after the injection. The radiation may be excreted from your body in urine, saliva and sweat.

What is Radiation?

Radiation is a normal part of our everyday lives. This is called natural background radiation. Natural background radiation comes from the ground and building materials

around us, the food that we eat and outer space (cosmic radiation). The average UK natural background dose is around 2.7 units (the unit being millisievert, mSv) per year (this varies across the country from 1.5 to 7.5 units per year).

What are the benefits?

Your doctor has deemed the procedure to be necessary to obtain a clinical diagnosis after carefully considering the risk vs benefit. The use of radiation in medicine has brought immeasurable benefits in the diagnosis and treatment of disease.

If you have any concerns about undergoing a scan involving exposure to radiation, please discuss the risks and benefits with your referring doctor.

What are the risks?

Nuclear Medicine procedures are among the safest diagnostic imaging tests available. The amount of radiation in a Nuclear Medicine procedure is comparable to that from an x-ray procedure. The typical radiation dose is one to two times the annual natural background radiation levels in the UK. Any radiation dose, from any source, carries a small risk.

The current best estimate is that the increase in the risk of developing a cancer is no more than 0.005% (1 in 20000) for every unit of radiation dose received. Each medical examination involving radiation gives a small additional dose on top of this natural background radiation.

For comparison, the natural risk of developing cancer is around 50% (1 in 2), so the total risk for a person receiving an additional radiation dose of 1 unit is 50.005%. As can be seen, the additional risk is very small. For more information on the risks of exposure to radiation please refer to the public health England website.

For more information about Nuclear Medicine scans please refer to the information available on Patient info Radio Nucleotide scan website.

Having Carers and Comforters during the scan.

If you need someone to help during the procedure i.e. with mobility etc., or need to be cared for by a family member or friend post examination, they may receive a small dose of radiation that presents a very small risk to them.

The Radiographer will ensure that this risk is as low as possible and will provide information on how to ensure this dose is kept as low as reasonably practical after the procedure.

It is important that they are informed of the risk they may face by being involved during your examination and post examination, there is a separate sheet attached with information for them and a consent for to sign. If they would like more information they can contact us on the number on the appointment letter.

Contact Us

Please refer to the appointment letter. If you require the information in paper format please contact the Radiology Department on the number provided on the letter.

How to provide feedback

Our aim is to provide a quality of care we would want for ourselves, our families and friends. If there was anything that we could have done please let us know via the department/ward staff or the patient experience team available on 01432 372986 or email PALs@wvt.nhs.uk (opening times may vary).

This leaflet is available in large print, Braille, Audio tape or other languages upon request. Please contact patient experience team on the above telephone number.

You may be asked to give your opinion on the service you have received. We welcome your feedback as this will help us to improve the care and treatment we provide to our patients.

Wye Valley NHS Trust website

Telephone 01432 355444