

Cardiac Magnetic Resonance (CMR) Stress Perfusion Scan

Cardiac

Introduction

The aim of this leaflet is to give information of what to expect before, during and after your CMR Stress Perfusion test.

Why am I having this test?

You will have been referred for this test by a member of the cardiology department. A CMR scan is a special X-ray test that can take detailed images of the heart to assess the heart structure and function. A CMR Stress Perfusion will allow us to assess the blood flow through the heart arteries to determine if there are likely to be any underlying narrowings or blockages in the heart arteries.

What are the benefits of a CMR Stress Perfusion?

The results of the scan will allow your cardiologist to diagnose an abnormality of blood supply to the heart and decide on further investigations that may be required and treatment.

What are the risks of the CMR Stress Perfusion scan?

There is a small risk of an allergic reaction to the dye. Please contact the radiology department on 01902 695927 before the scan if you have had a reaction to dye used in medical investigations previously. This injection can cause wheezy breathing. In asthmatic patients there is a risk that administration of adenosine can bring on an asthma exacerbation which could range from mild to severe. We will assess you for the risk of this when you arrive. If you use inhalers please bring them with you. If your kidney function is very poor there is a rare risk of nephrogenic systemic fibrosis with the dye, therefore, we do not give the dye to patients with poor kidney function.

Are there any alternatives?

CMR Stress Perfusion is "non-invasive" so reduces the risks of complications with invasive coronary angiography (when dye is injected directly into the heart arteries via a catheter in the artery in the wrist or groin). It does not use radiation. Other cardiac tests such as echocardiography and cardiac CT imaging can give complementary information about the heart function.

Is there any preparation for the scan?

If you wear a medicated skin patch, such as nicotine or HRT, you will be asked to remove it before your scan. Please bring a spare one with you to put on after your scan.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

How is the scan performed?

The radiographer will ask you to lie on a bed that will move through a scanner. A heart tracing monitor will be attached to you via sticky pads on your chest. This will allow the scan to be triggered at a certain point during your heart beat. Two cannulas (needles) will be inserted into your arm to enable the dye to be injected that allows us to see the heart in more detail. During the scan we will ask you to hold your breath for short periods (about 10 seconds at a time) via headphones.

A foam pad will be placed across your chest to help us to take the images.

In order to determine if there are any narrowings or blockages in your heart arteries, we will administer a drug called adenosine. It will run for 3-4 minutes and may cause you to feel breathless, flushed or have mild chest pain. When it is turned off, its effects will be out of your system in a minute and the symptoms will subside. The whole CMR scan can take about 45 minutes.

Female Patients:

If you are pregnant or think you may be pregnant, please tell us before the scan.

Medication:

Please bring along all your medications with you to your appointment, including any inhalers you may use. It is essential that you do not have any caffeine containing food or drinks for 24 hours before your appointment as this can affect the results of the scan. This means:

- No coffee
- No tea
- No fizzy drinks (especially cola, red bull or stimulant drinks)
- No chocolate
- No ProPlus or similar pills
- Certain pain killers contain caffeine and should be avoided (please read the labels).

If you are taking medication called Dipyridamole (as found in Persantin and Asasantin), you will need to stop taking this for 48 hours before the scan. All other medications can be taken as normal. If you are diabetic, continue with your normal meals and medication but please remember not to have any food or drink containing caffeine.

What happens after the scan?

After your scan you can resume all normal activities. You can eat and drink as normal and you will be able to drive as the scan does not cause drowsiness.

When do I get the results?

You will not get the results of the scan on the day you attend. The scan will be reviewed and a written report sent to the consultant who referred you, this can take up to 10 days. Following this your consultant will write to you with the results or arrange a follow up appointment to discuss the results of the scan.

What should I do if I have a query about my appointment?

If you have any queries about your scan or wish to alter the appointment please contact the radiology department on 01902 695927.

Where can I get further information?

Websites:

For general information about radiology departments, visit the Royal College of Radiologists website: www.goingfora.com

Transport Information:

Zone A A2 Radiology Department

The nearest car park is P6 or P5. Please leave plenty of time to find a parking space as parking is limited. There are 3 MRI Scanners at New Cross Hospital. Please check your appointment letter to see where your appointment is.

The nearest car park for Levels 1 and 2 MRI scanners in the Radiology Department is P6, which is situated on the south side of the hospital.

The nearest car park for the Emergency Department MRI scanner in UECC (Emergency & Urgent Care Centre) is P3, which is on the east side of the hospital.

Radiology Department:

MRI Levels 1 and 2 are situated in the Radiology Department, which is situated close to Greggs bakery in the atrium area in Zone A2.

The Emergency Department MRI Scanner is located in the UECC (Emergency & Urgent Care Centre) Zone C, C50.

Public transport:

Details of buses coming to the hospital are on our website:

www.royalwolverhamptonhospitals.nhs.uk or telephone Centro Hotline 0121 200 2700.

If you need an interpreter, please let us know as soon as you receive your appointment and we will arrange one.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。