

## Heart SPECT – CT Perfusion Scan with 99m – Technetium

Dear patient,

We welcome you to your appointment in our service, taking place in the near future. Please bring your insurance document or a copy of your insurance certificate with you.

### What is a SPET/CT scan?

SPECT (single photon emission computed tomography) and CT (computed tomography) scans both produce cross-sectional images of your body. In SPECT/CT, two of the examinations are combined within one scanner.

**SPECT:** a small dose of a radioactive tracer (here 99m-Technetium) - given to the patient - sends rays from within the body. The SPECT scanner localizes the tracers' whereabouts and represents it in cross-sectional images of the patient.

**CT:** X-rays travel through the patient and are weakened. The weakening is a measure of the densities of various body tissues. The reconstructed cross-sectional CT-images depict these densities throughout the patient.

### Preparation for a Heart SPECT/CT scan

Stop intake of fluids and food for at least 6 hours (unsweetened mineral water ok, NO gum, NO candies)

Stop intake of fluids and food containing caffeine for 12 hours (no coffee, no black tea, no chocolate, no energy drinks, no Colas)

Take medications as prescribed (please bring list of medications you are taking on a regular basis)  
In case of existing/possible pregnancy or if you breast-feed, please contact staff.

If you have experienced claustrophobia in the past, please let our medical technicians know. If you have any questions prior to the examination, contact us at +41 (0) 44 255 35 55.

It is important, that you arrive on time for the examination. Tracers are ready made and will decay, if not used on time.

### Procedure

Total examination time is approximately 2-3 hours and is performed in two steps: During the stress perfusion examination, your heart will be stressed either by means of physical exercise or alternatively with some medication in order to assess heart perfusion during stress conditions. After stress imaging, there will be a break of 30-90 minutes during which you should eat a fatty meal and drink coffee with milk (you can bring your own food from home or choose from the selection of the hospital's cafeteria). After the break, we will perform a CT scan without any contrast agents and then perform the second SPECT scan, where we measure the rest perfusion of your heart. Prior to both SPECT examinations you will receive an injection of the radioactive tracer measuring perfusion distribution in your heart.

During both scan acquisition periods (each around 6-8 minutes) it is important that you lay still so as not to disturb image acquisition.

### After the SPECT/CT exam

**You should not be accompanied by children or adolescents to the exam.**

### Reporting

Evaluating your SPECT/CT exam takes time. Thus, no results can be given immediately after the exam. However, a detailed report will be sent to your physician by the end of the examination day.

### Please note

If you need to cancel or delay your appointment, please contact us one working day prior to the exam at the latest. Otherwise, we are obliged to charge you for any costs generated. Contact: +41 44 255 35 55.