There are 2 parts to the test.

1. The blood supply whilst your heart is resting.
   You will be given a small injection of the 'heart tracer' into a vein in your arm and a scan of your heart will be taken approximately 45 minutes later.

2. The blood supply whilst your heart is exercising.
   You will be required to exercise for as long as you can on a treadmill whilst a doctor monitors your heart and blood pressure. You will then be given another injection of the 'heart tracer' and another scan will be taken.

YES!
You may have a light breakfast on the morning of the test but then NO FOOD until the test is completed. (If you are diabetic, please check with our staff prior to your test.)

YES!
Wear comfortable clothes to exercise in.

YES!
You can drive after the test.

NO!
Some medications must not be taken prior to the test. Please check with our staff.

NO!
You must not have caffeine for 24 hours prior to your test (i.e. tea, coffee, coke.)

What happens for the scan?

This is one of the SPECT CT cameras.

The scan must be done with the camera close to your CHEST.

How long will it take?

The test is performed over 2 days, Rest Day 1, Stress Day 2.
Each day you may be here for 90 mins.