

We, at Dr HR Morkel Inc. strive to constantly improve health care by staying abreast of the latest innovations in nuclear medicine and molecular imaging.

We have the momentum to further develop and consolidate our specialised medical establishment, we are dedicated to promoting the science, technology and practical clinical applications of molecular and nuclear imaging that improves the diagnosis, management and treatment of women, men and children benefiting countless generations of patients.

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[www.morkelnucmed.co.za](http://www.morkelnucmed.co.za)**

## **MYOCARDIAL PERFUSION IMAGING "MIBI"**

We would like you to be well informed about your investigation. Please read through this informative brochure before coming for your investigation.



## Why do I need to have this study?

Your referring clinician would like to evaluate the bloodflow in your heart muscle.

With this information he can determine what the best treatment would be for you.

## How is the study done?

The study consists of 2 parts : An "exercise" part and a "resting" part. A small amount of radioactivity will be injected during both parts of the study. After the injections you will be taken to the specialized (gamma) camera, so that we can image the bloodflow in your heart.

The nuclear medicine specialist will then compare and interpret these images.

## I struggle to walk and cannot do exercise: what now ?

Even people that are unable to exercise can have this investigation.

If you are unable to walk on the treadmill we will inject you with a medication that has the same (physiological) effect on your heart as exercise.

There are 2 different types of medications to achieve this your doctor or nuclear medicine specialist will decide which of these are most appropriate for your unique situation.

**Please do not drink ANY caffeine containing beverages for 24 hours before the study. This includes coffe (even "decaf" coffee), chocolate and some "over-the-counter" medications (eg grandpa or certain hayfever medications) and beverages like Coke or coke-light**

## Are there any side-effects to the radioactivity?

No. The radioactivity will not cause any unwanted effects (eg light-headedness, drowsiness or nausea).

During the investigation, specifically the exercise part, we will closely monitor your ECG, pulse and blood pressure

## Before and after the treatment.

Certain medications need to be stopped before the investigation. These are mostly anti-hypertensive (high blood pressure) and heart medications. Please discuss this with your referring clinician or nuclear physician before the investigation. After the study all medications can be taken as usual.

Diabetics can continue to take their diabetes medication.

## How long will the study take?

The study will take a minimum of 3 hours. You are welcome to bring something along to keep yourself busy (eg a book) while waiting between the injection and imaging.

## Can I eat before I come for the study?

Yes, you may have a small breakfast the morning before the study. You are also welcome to bring something to eat during/after the investigation.

## Can I have this investigation if I am pregnant or breast feeding?

We prefer not to do this investigation on pregnant women. Please inform us timeously if you are breastfeeding for correct preparation before the study and precautionary measures afterwards.

**Please inform us if you think you may be pregnant OR if you are breastfeeding.**

## When will my results be ready?

After your study has been completed the nuclear medicine specialist will process and interpret the images.

The report (results) will then be sent to your referring clinician, usually later during the same day.