

# What is a MIBI (Sestamibi) Test?

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your appointment to register.

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## What is a MIBI test?

- A MIBI (also called a **sestamibi**) test is done to check the blood flow to your heart.

## Why do I need this test?

Your primary health care provider (family doctor or nurse practitioner) may order this test to:

- Help find out what is causing your:
  - › Chest pain
  - › Feeling short of breath (have trouble breathing)
  - › Feeling tired for no reason
- Check your heart health, if you are at a higher risk for heart disease, like if you have:
  - › Diabetes
  - › High blood pressure
  - › A history of heart disease
- Check for coronary artery disease (blocked or narrowed arteries in your heart)
- Check how well your heart is working before or after a heart procedure, like:
  - › Putting in a stent
  - › Bypass surgery

## How is this test done?

This test is done in 1 day, in 2 parts.

### Part 1: Morning

- We will scan your heart while you rest.

### Part 2: Afternoon

- We will scan your heart after you exercise, usually on a treadmill. This is called a **sestamibi exercise test**.
- If you cannot exercise, we will give you a medication called Persantine®. This gets more blood flowing to your heart the same way exercise does. This is called a **dipyridamole (Persantine®) sestamibi test**.

## How long will the test take?

- The test will take about 5 to 6 hours. You will have to wait between part 1 and part 2 of the test.

## How do I get ready for the test?

- **It is very important to tell us if you:**
  - › May be pregnant
  - › Are breastfeeding or chestfeeding
  - › Have recently had a nuclear medicine study (like a PET scan)

### **For 12 hours before your test:**

- **Do not** have any caffeine (like tea, coffee, pop, or chocolate).
- **Do not** have any decaf drinks (like decaf coffee, tea, or pop).
  - › It is OK to drink water, milk, and juice.
- Take your medications as usual unless told otherwise by your doctor.
- Wear warm, comfortable clothes without buttons or zippers.
- Empty your pockets.
- Wear shoes that:
  - › are easy to put on and take off (like running shoes).
  - › will be comfortable on the treadmill (if you are also having part 2 of the test).

## **What to bring to the hospital:**

- Bring all of your medications or a list of all your medications (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements) with you to the hospital.
- **Do not** bring any jewelry to the hospital.

## **Where do I go for this test?**

Nuclear Medicine Department  
Halifax Infirmary, 3<sup>rd</sup> floor  
1796 Summer Street

- **Please arrive 15 minutes before your appointment to register.**

**If you are not able to come to your appointment,** please leave a message so another patient can be booked in your time slot:

› Phone: 902-473-1595

## What will happen during part 1 of the test?

- A nuclear medicine technologist will explain how the test is done.
- They will insert (put in) an intravenous (I.V.) in a vein in your arm.
- They will inject a radioactive isotope called **sestamibi** into your blood stream through the I.V. The amount of radiation is very small and will **not** hurt you.
- You will wait for 1 hour, then the technologist will use a camera to take pictures of your heart. This will take about 15 minutes.
- The technologist will tell you when to come back for part 2 of the test.

**Do not have any caffeine while you are waiting for part 2 of the test.**

## **What will happen during part 2 of the test?**

- You will go to the Cardiac Services Department on the same floor. This is just down the hall from the Nuclear Medicine Department.
- You will be asked to sign a consent form.
- A technologist will place electrodes (sticky patches) on your chest, like the ones used for an electrocardiogram (ECG/EKG).
- You will then go back to the Nuclear Medicine Department.
- A technologist will attach the electrodes to a machine so they can watch your heart rhythm during the test.

## **If you are having a sestamibi exercise test:**

- The technologist and a doctor will be with you as you walk on the treadmill. The doctor will choose the speed and incline (angle) of the treadmill.
- The technologist will give you another injection of sestamibi through your I.V. as you walk.
- They will check your blood pressure before, during, and after the test.
- You will wait again for about 45 minutes. We will tell you what time to come back for your last set of pictures.





**If you are having a dipyridamole (Persantine®) sestamibi test:**

- The technologist and a doctor will be with you during the test.
- The doctor will inject Persantine® into your blood stream through your I.V. This gets more blood flowing to your heart the same way exercise does.
- They will give you another injection of sestamibi through your I.V. 4 minutes after this injection.
- They will check your blood pressure before, during, and after the test.
- You will wait again for about 45 minutes. We will tell you what time to come back for your last set of pictures.

**Do not leave the hospital until you are sure that your test is finished, and the technologist says it is OK to leave.**

## **Tell the doctor right away if you have:**

- › Chest discomfort and/or pain
- › Jaw and/or arm pain
- › Nausea (upset stomach)
- › Dizziness
- › Shortness of breath
- We will give you a medication called **aminophylline** to help with these symptoms if they are very bad.

## **When will I get the test results?**

- Your primary health care provider will get the results in a few days. They will talk with you about the results.

# Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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