

Notes:

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

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

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Designed and Managed by: Nova Scotia Health Library Services

WG85-1393 © August 2025 Nova Scotia Health Authority
To be reviewed August 2028 or sooner, if needed.
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What is a MIBI (Sestamibi) Test?

Please arrive 15 minutes before
your appointment to register.

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.

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.

What is a MIBI (Sestamibi) Test?

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

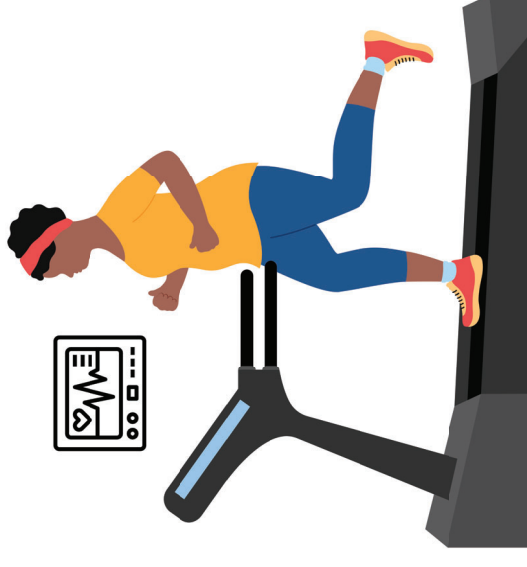
- We will scan your heart after you exercise, usually on a treadmill. This is called a **sestamibi exercise test**.
- If you cannot exercise, we will give you a medication called Persantine®. This gets more blood flowing to your heart the same way exercise does. This is called a **dipyridamole (Persantine®)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

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.



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.

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, 3rd 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.