What is Scintigraphy?

Scintigraphy is a test that uses a substance called a tracer and a scanning machine to create detailed images of your heart.

If the tracer finds amyloid proteins in the heart, it will bind to them and light up on the pictures of your heart like a “heat map with a hot spot.”

Scintigraphy can help doctors see if you have cardiac amyloidosis. It can also help identify which type of cardiac amyloidosis you have. This will help determine which treatment is best for you.

It will take about 2 to 3 hours to complete this test.

What Should I Know About This Test?

People usually get this test at a clinic or hospital.

You can eat or drink normally before taking the test.

Wear comfortable clothes. Keep your jewelry and watch at home.

It will take about 2 to 3 hours to complete this test.

Is This Test Safe? Will It Hurt?

People who have a fear of small, enclosed spaces may find the scanning machine uncomfortable. They may need medicine to help them relax.

This test involves an injection with a tracer, which has a very small amount of radioactivity. This is similar to the amount of radioactivity you would get with an x-ray. It is very unlikely to cause any problems.

What Should I Expect When Getting Tested?

After the IV is placed in your hand or arm, you will receive an injection of a substance called a tracer.

You will be asked to wait for up to 4 hours for the tracer to pass through your body. You will not be able to feel the tracer.

Next, you will be asked to lie down on a padded table. A machine will scan you to take images of your body and your heart.

During the scan, you will be asked at some points to raise your arms or to lay still. The technician will be able to see, hear, and speak with you at all times. The entire scan will take less than 1 hour.

What Results Might Mean I Have Cardiac Amyloidosis?

Not all forms of cardiac amyloidosis will show up on a scintigraphy test. If the image of your heart looks like a heat map with a “hot spot,” you might have a type of cardiac amyloidosis called ATTR-CM.

The test results indicate you may have cardiac amyloidosis. If this happens, your doctor will want to run additional tests to find out what type of cardiac amyloidosis you have. The type of cardiac amyloidosis will determine the best treatment for you, and impact prognosis.

The test results indicate you may not have cardiac amyloidosis. If this happens, your doctor will talk to you about what the other medical condition is and what needs to be done to treat it. You may or may not need more tests.

It is unclear if you have a condition or not. This could mean your heart is healthy or it could mean that the test was unable to identify the problem. If this happens, you may need further testing.

What Comes Next?

Your doctor will review your test results and talk to you about them. Results will be different for each person. Here are some common examples of what your results might show:

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