

Your Nuclear Stress Test Instructions

ARRIVAL TIME:

It is essential for you to be on time for your appointment. It is also very important for you to keep your appointment if at all possible. The radioactive pharmaceutical is specially ordered for your scan. If you are unable to keep your appointment, please notify our office at least 24 hours in advance. **Note: If you are a new patient, you will need to arrive 15 minutes prior to your appointment time to fill out paper work.**

EATING:

- It is necessary that you **do not eat during the 4 hours prior to your appointment** time. Doing so will cause your test to be rescheduled.
- It is also necessary that you **avoid all caffeine and caffeinated products for the 24 hours prior to your appointment.** This includes decaffeinated drinks, as well as chocolate & cocoa products, tea (iced, brewed, & instant), soda pop (including those labeled as caffeine free), diet supplements (energy drinks, bars, as well as products containing guarana) and over the counter medication that is made with caffeine (Anacin, Excedrin, No-Doz, Vivarin)
- **Note:** You are allowed to drink water or juice during your fasting period.

CLOTHING:

- We recommend you wear a loose, **2-piece outfit**
- Please wear shoes suitable for exercise on our treadmill
- Please refrain from applying lotion or powder to your chest on test day
- Women: If possible, refrain from wearing an under wire bra on the day of your test

MEDICATIONS: Do not take any of the following medications on testing day or the day prior to.

**Blocadren/Timolol
Calan/Verapamil
Cardizem
Coreg/Carvedilol
Corgard/Nadolol
Corzide
Dilacor**

**Inderal/Propranolol
Isoptin
Kerlone/Betaxolol
Levatol/Penbutolol
Lopressor/Metoprolol
Normodyne/Labetalol
Sectral/Acebutolol**

**Tarka
Tenoretic
Ternormin/Atenolol
Toprol
Trandate/Normodyne
Veralan
Ziac/Bisoprolol**

Adenosine Patients: Do not take **Dipyridamole/Presantine** and/or **Aggrenox** for the 48 hours prior to your test.

Diabetic Patients: You will be fasting for at least 4 hours prior to your exam. You can decide when to take your medications based on your eating schedule, so please bring them with you.

About your Nuclear Stress Test:

The purpose of your test is to determine if and/or where you have coronary artery disease and to find, if any, blockages in the vessels of your heart muscle. We do this by taking two pictures of your heart. The first picture, your resting scan, depicts the blood flow to your heart muscle when you are at a relaxed state. The second picture, your stress scan, depicts the blood flow to your heart muscle when your heart is working hard. By comparing these images to each other our cardiologists can determine if you have coronary artery disease.

When you arrive for your appointment, the first step will be to place an IV in a vein of your arm. You will then receive an injection of Thallium. Thallium is a radioactive tracer that follows your blood flow and localizes in your heart muscle. There are no symptoms or side effects from this injection. We will let this tracer circulate for a short period and then take your resting scan. This picture will take about 15 minutes. After your resting images, you will be set up for the stress portion of the exam. A saline flush will be attached to your I.V., and EKG leads will be placed on your chest. You will exercise on the treadmill until your heart rate elevates to a sufficient level. At your peak exercise a dose of Myoview, the second

radioactive tracer, will be administered through your I.V. Your stress images will then be taken after your treadmill completion. These again are approximately 15 minutes. You will not receive your test results the day of your appointment, but at your follow-up appointment with your physician. A copy of your test will also be given to your primary care physician.

The entire test will take approximately 4 hours.

If you are scheduled for an Adenosine stress test:

You will not be walking on the treadmill. Instead, you will be given a drug, Adenosine, to stress your heart instead of exercise. Adenosine does have some side effects/symptoms that the technologist will go over with you before beginning. The Adenosine will be given over 4 minutes and the Myoview will be injected during this time. The side effects/symptoms of the Adenosine will subside very quickly when it is stopped at the end of your 4 minutes. Your stress images will be taken 40-50 minutes after the Adenosine infusion.