

Nuclear Stress Test Instructions

Stress Test is done to find out if you have a blockage in your Coronary (heart) arteries that cause less blood flow to the heart when it is stressed. **Nuclear stress test** is a specialized form of stress test where in addition to stressing the heart, you are injected with radio-active isotopes that go where the blood goes. It lightens up the heart muscles that can be seen with the pictures that are taken before and after exercise or pharmacologic injection of drugs.

When you come to the office, an IV will be started in your arm to allow for injection. A radioactive isotope will be injected through the IV and pictures will be taken of your heart at rest. Afterwards the stress test will be performed. You will be connected to an EKG machine to monitor your heart rate and rhythm. Either a treadmill stress test will be done or a pharmacologic stress test will be done. In case of **Treadmill stress test**, you will be asked to walk on the treadmill while your heart rate is closely monitored. In case of **Pharmacological stress test** you will be injected with a vasodilator (Lexiscan) and will be monitored for 5 minutes. Once you reach your target heart rate, a nuclear isotope will be injected through the IV.

A second set of pictures will be taken 30-45 minutes after the stress test.

This whole process will take approximately 3 -4 hours.

Preparing for your test:

1. DO NOT EAT at least 6-8 hours prior to your test time but you can drink water.
2. NO CAFFEINE. Like in coffee, tea, sodas or chocolates on the day of your test.
3. DIABETIC PATIENTS may have a piece of dry toast and some fruit 2 to 4 hours prior to the test. If you are taking Insulin, decrease your dose of long acting Insulin by half. Do not take short acting Insulin. Also, DO NOT TAKE any oral diabetic medications.
4. DO NOT TAKE any medicine which may slow down your heart rate. These include Beta blockers like Metoprolol, Toprol, Bisoprolol, Labetalol, Atenolol (Calcium channel blocker), Procardia, Cardizem, Diltiazem, Verapamil, Calan, or Isoptin.
5. Take the rest of your medications at your usual time unless your physician has indicated otherwise.
6. PATIENTS WITH ASTHMA and COPD, you must bring your inhaler.

7. DO NOT SMOKE on the day of your test! Smoking significantly decreases image quality.
8. Wear comfortable footwear appropriate for exercise on a treadmill. Wear a short sleeve, button down shirt or loose-fitting T-shirt that contains no metal; no under-wire bras or necklaces. No sandals or flip flops.
9. Bring a book to read, as there are waiting periods during the test.
10. Bring a snack to eat. You will be able to eat after you are instructed to do so.
11. Family members are allowed to accompany you to the test, but are restricted to the testing waiting room.
12. Cancellations are allowed only if 24-hour notice is given. There will be a \$300 fee for not giving a 24-hour notice.

Your test is schedule on

Date: _____

Time: _____

I have read and understand the instructions and cancellation policy.

Patients Name and Signature