



Nuclear Stress Test Information

Your Doctor has ordered a Nuclear Stress Test for you. This procedure includes multiple sets of pictures and one stress test. In order to obtain pictures of your heart, a small intravenous catheter will be placed in your arm. This intravenous will be used to give you a small amount of radioactivity. A special radiation-detecting camera will obtain pictures of your heart. This allows the physician to see how well your heart is functioning and if it is getting the proper blood supply.

Instructions for Nuclear Stress Test

Nothing to eat or drink 3 to 4 hours before your scheduled test time (except a small sip of water to take medications).

No caffeine for 24 hours prior to exam time. To avoid rescheduling read specific instructions concerning medication and caffeine intake listed below.

24 Hours before your scheduled appointment time:

1. NO coffee, tea, or soda, of any kind.
 2. NO decaf coffee, tea, or soda, of any kind.
 3. NO chocolate (candy, cakes, pies, white chocolate, hot chocolate, etc.).
 4. NO products containing caffeine (Anacin, Excedrin, Cafegot, Norgesic, Fioricet, Esgic, Synalgos, Fiorinal, No-do, Trental, Wigraine, etc.).
 5. NO Persantine (Dipyridamole).
 6. NO Theophylline or Theophylline containing product (Constant-T, Primatene, Quibron, Slo-Phylline, of Theo-Dur).
- **DIABETICS ON INSULIN-** If you take Insulin and your test is in the morning: Take half your dose and eat lightly three hours before your test. If your test is early and you are unable to eat three hours prior, bring your insulin and a snack. If you take Insulin and your test is in the afternoon: you may take all your Insulin with your breakfast and then nothing to eat three hours prior to your test.
 - **ORAL DIABETIC MEDICATIONS-** Do not take oral diabetic agents, if you are fasting, the morning of your test. These include Glucophage, Glocovance, Metformin, Metaglip, Avandament, Avandia, and Actose. If your test is in the morning and you are unable to eat before the test, bring a snack and your medication. If you have an afternoon appointment, take your medication in the morning after breakfast as usual.
 - **BETA BLOCKER MEDICATIONS-** If you are currently taking the following medications please hold 24 hours prior to your test... Toprol, Inderal, Atenolol or Tenormin, Lopressor, Metoprolol, Corgard, Betapace, Ziac, Nadolol, Sotalol, Coreg...Do not take these medications, but bring them with you.
 - **CALCIUM CHANNEL BLOCKER MEDICATIONS-** If you take the following medicines please hold the morning of the test...Verapamil, Calan, Covera, Isoptin, Tarka, or Verelan, but bring them with you.
 - **NO AGGRENOX-** If you are taking this medication please stop three days prior to your test, and replace with one adult aspirin per day.
 - **YOU MAY TAKE ALL BLOOD PRESSURE AND CARDIAC MEDICATIONS THAT ARE NOT LISTED ABOVE. CALL YOUR TESTING LOCATION WITH ANY QUESTIONS THAT YOU MIGHT HAVE.**

THE DAY OF YOUR TEST

1. Nothing to eat or drink four hours prior to your test. Do not chew gum, candy or mints.
2. You may take all other medications except those listed above. Please bring your cardiac medicines with you and a list of all others.
3. Wear comfortable clothes. Avoid metal on shirts and ladies avoid dresses.
4. Wear comfortable walking shoes or sneakers. (Avoid sandals or flip-flops).
5. You may bring a light non-refrigerated snack with you, such as fruit. This can be eaten after the stress portion of your test is completed.
6. Bring your insurance card with you.
7. NO lotions, colognes, or powder on the chest area. You may brush your teeth, wear deodorant and makeup.
8. Allow 4 hours for your test.
9. Due to some testing criteria, some patients may have their test completed in two days. Your test will take approximately 2 hours each day.

THE RADIOISOTOPES FOR THIS TEST ARE SPECIAL ORDER. PLEASE CALL 24 HOURS PRIOR TO YOUR TEST, IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT OR THERE WILL BE A CHARGE TO YOU.

WHAT TO EXPECT:

- Upon your arrival, you will sign a consent form. An IV will be placed in your arm. A small amount of radioactivity will be injected through this IV, and you will be asked to wait so the radioactivity has time to circulate. You will not feel any side effects from the radioactive material. You will then have your first scan, which takes approximately 25 minutes.
- After your first scan, the stress portion of your study will begin. There are three different types. You will only have one type of stress test, listed below. Your physician will decide which type of test is appropriate for you.
 1. Exercise- you will walk on a treadmill.
 2. Adenosine- Adenosine is a chemical stress test. No treadmill is used.
 3. Dobutamine- Dobutamine is also a chemical stress test. No treadmill is used.
- After your stress test you will be asked to wait once again. You might want to bring a book and /or a light snack. One more set of pictures will be taken after your wait. Your entire test will take approximately 3-4 hours.

**This Test will be performed at:
The Heart & Vascular Institute of Florida**

Please call the office within 24hrs prior to your appointment if you cannot make this appointment.

Date of test: _____

Appt time: _____