



## **Nuclear Stress Test Instructions**

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 you 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**

Please follow Instructions carefully to avoid rescheduling.

#### **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, Cafergot, Norgesic, Fioricet, Esgic, Synalgos, Fiorinal, No-Doz, Trental, Wigraine, etc.)
5. NO Persantine (Dipyrdimole).
6. NO Theophylline or Theophylline containing product (Constant-T, Primatene, Quibron, Slo-Phylline, or Theo-Dur).
7. **NO AGGRENOX...If you are taking this medication please stop three days prior to your test, and replace with one adult aspirin.**
8. **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.**
9. **If you take the following medicines please hold the morning of your test, Verapamil, Calan, Covera, Isoptin, Tarka, or Verelan.**
11. **Do not take oral diabetic agents , (Glucophage, Glucovance, Metformin, Metaglip, Avandamet, Avandia, Actose) the morning of your test .**
12. **If you take Insulin and your test is in the morning: take half your dose and eat lightly three hours before your test.  
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 to your test.**
13. **All other medications not listed above may be taken as needed.**

### **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 medicines except those listed above. Please bring your cardiac medicines with you and a list of all others.
3. Wear comfortable clothes (females should avoid dresses); Males should avoid metal on shirts.
4. Wear comfortable walking shoes or sneakers.

5. You may bring a light non-refrigerated snack with you, such as fruit. This can be eaten **after** your stress portion of your test has been completed.
6. Bring your insurance card with you.
7. Please NO lotions, colognes, powders, - You MAY brush your teeth and wear 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.**

**IMPORTANT:** 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 different from this. 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 stress 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 fruit to eat. One more set of pictures will be taken after your wait. Your entire test will take approximately 3-4 hours.

**The Test will be performed at:  
THE HEART AND VASCULAR INSTITUTE OF FLORIDA**

1840 Mease Dr. Suite 200  
Safety Harbor, FL 34695  
Next to Mease Countryside  
In the Medical Arts Building  
Questions or cancellations  
Call: 727-723-6540/6502

455 Pinellas St. Suite 330  
Clearwater, FL. 33756  
In the Heart and  
Vascular Pavilion  
Questions or cancellations  
Call: 727-441-8200

1345 West Bay Drive, Suite 101  
Largo, FL. 33770  
In the Largo Medical Arts Building  
Questions or cancellations  
Call: 727-489-5413