



**IMPORTANT INFORMATION
REGARDING YOUR NUCLEAR STRESS TEST**

**PLEASE READ THIS ENTIRE PACKET
AND FOLLOW ACCORDINGLY**

Please be advised that this test will be administered by professional staff under MD supervision.

IF YOU CANNOT KEEP YOUR APPOINTMENT, PLEASE CALL OUR OFFICE AT LEAST 48 HOURS PRIOR SO THAT WE CAN RESCHEDULE YOU AND ASSIST OTHER PATIENTS.

Please call us if you weigh over 280 lbs. We may need to modify our testing procedure to optimize the quality of the test.



PLEASE READ ENTIRE PACKAGE!!

INSTRUCTIONS FOR YOUR NUCLEAR STRESS TEST

A stress test helps your physician to evaluate the health of your heart. Conventional testing (walking on a treadmill) is accurate only up to a certain point, and as many as 20 to 30 percent of routine tests yield inconclusive or inaccurate information. In addition, many people are too weak, or have joint problems or other difficulties which prevent them from completing the treadmill test. A "nuclear stress test" overcomes most of the difficulties of conventional stress testing and yields information that cannot be obtained easily in any other way except perhaps by an angiogram. A nuclear stress test combines physical (or chemical) stress testing of your heart with images of the heart's blood supply. These images are obtained by a camera which detects a small amount of radioactive isotope that is injected while you are exercising (or receiving a medication that chemically stresses your heart).

IF YOU ARE PREGNANT, THINK YOU MAY BE PREGNANT, OR IF YOU ARE BREASTFEEDING, YOU MUST INFORM THE TECHNOLOGIST BEFORE TREATMENT OR THE STUDY BEGINS.

******* NO CAFFEINE (including coffee, tea, etc.) OR CHOCOLATE AT LEAST 24 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE. *******

Preparing for the test:

Your test is scheduled for _____ at _____ a.m/p.m

Please be on time, late arrivals will be rescheduled.

If you cannot keep your appointment, you must notify us 48 hours in advance. We special order the isotope and other supplies. IF YOU FAIL TO KEEP YOUR APPOINTMENT, YOU WILL STILL BE CHARGED FOR THE ISOTOPE AND SUPPLIES, SINCE THE ISOTOPE DECAYS IN A MATTER OF HOURS.



6 hours before the test:

Do not eat or smoke. Drink plenty of water prior to your arrival time, especially if you have hard to find veins! **Please bring a sandwich (peanut butter, meat, anything with fat content) and a beverage with you.** You will be asked to eat something approximately halfway through the test. If you have diabetes, take your medications only if you will be eating immediately afterwards and bring hard candy to take if you feel your blood sugar become low (no chocolate). Remember to wear comfortable clothes and shoes, since you will probably be walking on a treadmill. (Please, no one-piece dresses, high heel shoes, etc.). It is ok to shower in the morning, however, do not apply any lotion or powder on the skin.

During the test:

Allow 3 to 4 hours for the test. Bring a book or a magazine. You will have a break between the first and second part of the study. **Also, please bring an interpreter with you if you do not speak English or Spanish.**

First we will start an IV access in your arm, and then inject the first isotope. After this, we will take the first pictures (the “resting images”) of your heart. These first pictures are taken over 30 minutes. You will be on a heart monitor during this time.

Then we will do the “stress” parts of the study in one of two ways:

- If you are able to walk well on a treadmill, then you will go through a conventional treadmill test, and the second isotope will be given through the IV access while you are exercising.
- If you cannot walk quickly on the treadmill, then we will give a medication through the IV access and inject the isotope during this time. We might still ask you to amble along at a slow pace on the treadmill, since a little bit of exercise seems to reduce the side effects that people sometimes experience with the IV medication.

IF YOU HAVE A HISTORY OF ASTHMA OR EMPHYSEMA, PLEASE BRING IN YOUR OWN INHALERS IN THE EVENT YOU MAY HAVE TO USE IT.

What happens afterward?

Resume your medications, have something to eat, and go about your normal routine. The nuclear images from the stress and rest portions of the study will be compared side-by-side, and we will send the results to your doctors to call you with more information. The results should be ready in 1-2 days. Feel free to call us with any questions you may have.