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Nuclear Stress Test

Patient Name: _____

Appointment Date: _____ Time: _____

Instructions:

1. Do not eat or drink after midnight the night before your test. (No caffeine products.)
Exception: The patient with a 12:00 p.m. or 12:30 p.m. appointment may have a small breakfast (1 egg, toast, juice) before 7:00 a.m.
2. Do not smoke after midnight the night before your test.
3. Take all of your regular medications the morning of your test with a small amount of water.
**If you are diabetic, please do not take your diabetic pills the morning of the test. If you take Theophylline, do not take 48 hours prior to the exam.
4. Wear comfortable clothes and walking shoes. Please make sure your shirt does not have metal buttons or snaps. Ladies, please do not wear a dress. Pants, shorts, or a skirt are appropriate. Men, please do not wear overalls.
5. Please arrive 15 minutes before your scheduled appointment time.

Test Overview:

1. The test takes about 3-4 hours and you will be able to drive yourself home.
2. We will start an I.V. in your arm and then we will give you a small amount of a nuclear imaging product.
3. You will then have a 45-60 minute waiting period before we can take your first set of pictures (this waiting period allows the imaging product to circulate through the body). You will lie on a table for 20 minutes as a special camera takes pictures of your heart.
4. The next step is the stress portion of the test. We will monitor your heart as you walk on the treadmill (patients who cannot walk on the treadmill will be given a medication during this step).
5. After the stress part of the test you will be ready for your second set of pictures. This will take another 20 minutes.

If you have any questions, please call the office at 347-8953. We will be ordering medications and supplies specifically for your test, so please give us at least 24 hours notice if you need to cancel your appointment.

Special Instructions:
