



*Urgent Care * Primary Care * Specialty Medicine*

**2 Edgewater Drive, Suite 102, Middletown, NY 10940
845-346-0699**

**PLEASE READ IMMEDIATELY.
IF YOU HAVE ANY QUESTIONS, PLEASE CALL 845-346-0699.**

You are scheduled to have a nuclear stress test. This test is to be performed at the following times:

Rest images on _____ at _____.
Stress images on _____ at _____.

INSTRUCTIONS

1. An isotope for this test will be ordered specifically for you based on your weight. You must give 24 hours notice if you are canceling your appointment or you may be responsible for the cost of the isotope.
2. Wear comfortable shoes and loose fitting clothing. Ladies – please wear front closing shirts.
3. Do not eat or drink any foods containing caffeine (i.e. coffee, tea, soda and chocolate) for 24 hours prior to the test. This also includes decaffeinated products. No nicotine for 8 hours.
4. Do not eat or drink anything from _____.
5. Certain medications should not be taken before this test. Please refer to the attached sheet to see if you need to hold off taking any of your medications. Any medications not listed may be taken. Special instructions for diabetics are also included.
6. Please bring any medications that you have not taken with you at the time of your stress test.
7. Although you will be receiving a very small dose of radioactive material, certain precautions are advised. Avoid contact with pregnant women, babies and young children for 24 hours after the test. Pregnant women and nursing mothers should not have this test.
8. You will be able to drive yourself home from this test.
9. Schedule an appointment with the doctor that ordered this test in approximately 1 week to review the results. You will be contacted immediately if any serious problem is detected.

Nuclear Stress Testing

1. What is a nuclear stress test?

A nuclear stress test is a test which helps your doctor to determine if there are any potential blockages in the arteries around your heart. Blockages in these arteries may produce a variety of symptoms, such as chest pain, abnormal EKGs, irregular heart beat or high blood pressure.

A special camera will take pictures of your heart at rest and then while your heart is 'stressed' either through exercise or the use of a medication called Persantine or Adenosine.

2. How is the test performed?

This test is performed in two parts, each part taking about 2 hours.

Part 1: You will receive a small dose of a nuclear isotope intravenously. Approximately 45 minutes later, you will be scanned by a special camera (takes about 25 minutes). These are the 'resting pictures'. After this, you may be able to go home depending on what time your second appointment is scheduled.

Part 2: An intravenous catheter will be inserted in your arm. You will be connected to a cardiac monitor so that we can monitor you closely throughout your test. Your blood pressure will be taken throughout the test as well.

If you are able to exercise, you will begin to walk on a treadmill. The degree of exercise will gradually increase. You will continue to exercise until your heart rate reaches a predetermined level. You will then receive another small dose of nuclear isotope. Approximately 45 minutes later, the second set of pictures will be taken ('stress pictures').

3. Is the test safe?

The dose of radiation in the nuclear isotope is very small and, therefore, safe for you. However, we recommend avoiding contact with pregnant women and young children for 24 hours after each portion of the test.

Pregnant women and nursing mothers should not have the test. Therefore we require very female under the age of 55 to provide a urine sample to document that they are not pregnant. This can be done in the office the day of the test.

There exists the possibility of certain changes occurring during or immediately after the test which may require hospitalization. There is a 1:1,000 occurrence of a problem such as a heart attack or arrhythmia and a 1:10,000 occurrence of death.

During the exercise portion of the test, you are monitored constantly by a cardiologist, physician assistant or registered nurse. They are specifically trained in the unlikely event an emergency arises.

4. Are there any special preparations?

Yes. You will be provided with specific instructions. Please follow these instructions carefully as they may affect the outcome of the test.

You are scheduled to have a nuclear stress test to identify the possibility of blockages in the arteries around your heart. This test is done for many reasons, one of which is if you are experiencing chest pains.

The results of this test will be reviewed with you either by your primary care physician or your cardiologist. Please be certain to schedule a follow-up appointment within 1 week of your nuclear stress test.

The information obtained from this test is very reliable. However, a normal nuclear stress test does not guarantee the absence of heart disease. Should you continue to have chest pain or other symptoms even after a normal stress test, you should immediately seek medical attention for further evaluation.

Please feel free to call our office at (845) 346-0699 if you have any questions on this information.

MEDICATION INSTRUCTIONS

1. Do **NOT** take these medications for 2 days prior to your test (the day before and the day of the test):

Toprol XL	Coreg
Metoprolol	Carvedilol
Lopressor	Bisoprolol
Atenolol	Acebutolol
Tenormin	Zebeta
Propranolol	Inderal
Bystolic	Labetalol

For Persantine Nuclear Stress Test ONLY:

In addition to the above medications, do not take any Aminophylline (Theophyllin) or Bronchodilators (inhalers) the day before or the day of your test.

2. Do **NOT** take these medications the day of your test only.

Procardia	Cardizem
Verapamil	Diltiazem
Isoptin	Tiazac
Calan	Cardene
Indur	Nitroglycerin patch
Isosorbide	Nitroglycerin pills

3. Oral diabetic medications should not be taken the morning of your test.
4. Insulin instructions will be given on an individual basis. Please check with the doctor or nurse at the time of scheduling.