



**Cardiology Department (845) 346-0699**

You are scheduled to have a nuclear stress test. This is a two-part test. Your test is to be performed on the following date and time.

Rest images: \_\_\_\_\_ Stress images: \_\_\_\_\_

Plan to be here for at least 4 hours to complete both portions of the test.

### **INSTRUCTIONS:**

1. An isotope for this test will be ordered specifically for you based on your weight. You must give a **24 hour** notice if you are canceling your appointment or you may be responsible for the cost of the isotope.
2. Do NOT eat or drink any foods containing caffeine (i.e. coffee, tea, soda and chocolate) for **12 hours** prior to the test. This also includes decaffeinated products. (Bring a snack with you as you will be able to eat after the stress portion of your test)
3. Do not eat anything **4 hours** prior to testing. You may drink water
4. Wear comfortable shoes and loose-fitting clothing.
5. No nicotine for **8 hours** prior to stress test.
6. 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.
7. Please bring any medications that you have not taken with you at the time of your stress test.
8. Although you will be receiving a very small dose of radioactive material, certain precautions are advised. Avoid close physical contact with pregnant women and children (ages 12 and under) for **12 hours** after the test.
9. You will be able to drive yourself home from this test.
10. 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.

# MEDICATION INSTRUCTIONS

Do **NOT** take any of these medications for **24 hours** prior to your test:

## Beta Blockers:

Toprol XL	Tenormin	Sotalol	Trandate	Bisoprolol
Metoprolol Tartrate	Propranolol	Sectral	Ziac	Acebutolol
Metoprolol Succinate	Bystolic	Normodyne	Betagen	Zebeta
	Nadolol	Betapace	Blocadren	Inderal
Lopressor	Pindolol	Corzide	Coreg	Labetalol
Atenolol	Propranolol	Tenoretic	Carvedilol	

## Calcium Channel Blockers:

Procardia	Nifedipine	Cardene	Isoptin	Cardizem
Nicardipine	Veralan	Lotrel	Calan	Tiaz
Felodipine	Cardura	Verapamil	Diltiazem	

## Other meds:

Imdur	Isosorbide	Nitroglycerin pills	Viagra
Isordil	Nitroglycerin patch	Cialis	Levitra

In addition to the above medications, do not take any of the following medications for **48 hours** prior to your test:

Aminophylline (Theophylline)	Aggrenox	Persantine	Fiorinal	Vivarin
Theodur	Excedrin	Anacin	Hycomine	
	Dipyridamole	Fiorocet	Norgesic	

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.

## 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 Lexiscan.

### 2. How is the test performed?

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

Part 1(rest portion): An intravenous catheter will be inserted in your arm and you will receive a small dose of a nuclear isotope intravenously. Approximately 45 minutes later, you will be scanned by a special camera. These are the 'resting pictures'.

Part 2 (stress portion): 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. If you are not a candidate for treadmill testing, you will receive a medication called Lexiscan to simulate "exercise" on your heart. There are minimal side effects of this medication. Approximately 45 minutes later, a 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 every 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 stress portion of the test, you are closely monitored by a health care provider specially trained in cardiology. 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.

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.

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