



Cardiology & Arrhythmia Consultants, Inc.

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Patient Information: Nuclear Medicine Stress Test

Dear Patient,

To ensure the highest quality results from your nuclear medicine procedure, please review and follow these important instructions.

PREPARATION PRIOR TO PROCEDURE:

1. Please shower or bathe and brush teeth the day of the test. **Do not** apply lotions and / or powder to your chest. Wear comfortable clothing and sneakers or walking shoes. Please try not to wear **metal under-wire bras**.
2. Please do not eat or drink any food or beverage (**EXCEPT WATER**) **after midnight**.
3. **Most medications may be taken on the day of test. HOWEVER, SOME medications** need to be stopped 24-48 hours prior to test date because they will interfere with the accuracy of the test. Please **READ** the medication lists included in this packet carefully. Some of your medications may be on these lists and should be discontinued accordingly.
6. Do not smoke or consume coffee, tea, cola, cocoa, chocolate, or other beverages / food that contain caffeine **24 hours prior to the test**. (See list of food and medications for further information).
7. Any medications that are dipyridamole (Persantine), adenosine, or theophylline-based should not be taken at least 36 to 48 hours prior to the study. (See list of food and medications for further information).
8. Bring a snack (sandwich, fruit, juice beverage). You will be required to eat at some point during the test.
9. **If you are a diabetic OR your test is scheduled in the afternoon** (after 12:00 p.m.), you may have a light breakfast (for example: plain toast with nothing on it and no more than ¼ cup of juice (2 oz.) and absolutely no milk) four (4) hours before the test. Please take ½ of your diabetic medications. **i.e. 1/2 pill or 1/2 insulin**. (This is so your blood sugar does not drop too low)

******Testing will take 3-5 hours if done in one day. In order to ensure the most accurate results some patients, due to weight greater than 275 lbs. and body habitus will be required to have their test performed over a 2 day period. In this case, the test is split up into 1 hour the first day and 2-3 hours the second day.**

TESTING PROCEDURE

1. The nurse and / or nuclear medicine technologist will explain the test and ask you some questions. The physician will need your informed consent prior to the procedure. You will be provided some forms that require signature.
2. An **intravenous (IV) line** will be started in your arm by the nuclear technologist or nurse. You will then be injected with a **radioactive** isotope (NOT A DYE). You will be asked to wait approximately 30 minutes while the isotope circulates. After your wait, your first set of images (resting) will be obtained.
3. To prepare you for the stress portion of your test, your chest is cleansed, and ECG electrodes are applied.
4. Next, your heart will be stressed either through exercise by walking on a treadmill and increasing your heart rate or by receiving medication. During this time, your ECG and blood pressure are monitored closely. You will also receive another injection of the isotope while being stressed. A physician will be present in our office.
5. After a short monitored recovery period, during which your blood pressure and ECG are watched closely, your intravenous (IV) line is removed.
6. Once you have been stressed / exercised, you will be asked to wait for approximately 30-60 minutes. During this time you may eat or drink anything you want and take your medications. After your wait, a final set of images (stress) are obtained and the test is then complete. You will be able to return home or to work the same day. There are no necessary precautions to take after having your test completed.

Medicine Preparation for the Nuclear Stress Test

In order to ensure the **MOST ACCURATE** test results, please **discontinue** the following medications:

****DISCONTINUE 24-48 hours PRIOR to test:**

BETA BLOCKERS

Generic Name

Atenolol / with chlorthalidone
Labetalol
Metoprolol
Metoprolol extended release
Nadolol / with bendoflumethiazide
Propranolol / with hydrochlorothiazide
Propranolol extended release
Sotalol
Carvedilol

Brand Name

Tenormin® / Tenoretic®
Normodyne®, Trandate®
Lopressor®
Toprol XL®
Corgard® / Corxide®
Inderal® / Inderide®
Innopran XL®, Inderal LA®
Betapace®, Betapace AF, Sorine®
Coreg / Coreg CR

CALCIUM CHANNEL BLOCKERS

Generic Name

Diltiazem
Diltiazem extended release
Verapamil
Verapamil extended release
Verapamil hydrochloride

Brand Name

Cardizem®
Tiazac®, Dilacor XR®, Cardizem CD®
Isoptin®, Calan®, Verelan®, Covera®
Calan SR®
Covera HS®

** Sublingual nitroglycerin (Nitroquick ®) may be taken up to 2 hours prior to the exam!!!

IF ANY OF YOUR MEDICATIONS ARE ON THIS LIST, DO NOT TAKE 24-48 HOURS PRIOR TO THE TEST!

****Medical Assistants- Highlight medications for patients**

I have received my **Patient Information: Nuclear Medicine Stress Test** packet. I understand that this packet is intended to provide me with instructions pertaining to preparation prior to the procedure as well as information regarding the test itself. I also understand that following the directions listed below and in the packet will help ensure the accuracy of my test.

IMPORTANT

Please:

1. **DO NOT** eat or drink any food or beverage (except water) anything after midnight. Medications **NOT LISTED** on previous page should be taken unless otherwise directed.
2. Test scheduled after 12 noon may only have ¼ glass (2 oz.) of juice and a slice of toast (no spreads or butter)
3. Take ½ the dosage of all your Diabetic medications with a sip of water. (i.e. **1/2 pill or 1/2 insulin**). Bring all your medications with you to ensure that we have an updated list and because you will be able to take them during your test.
4. Remember not to take any medications on the previous page titled:
(Medicine Preparation for the Nuclear Stress Test)
5. **DO NOT** drink / eat any caffeine products **NOR** smoke **24 HOURS** prior to your exam.
6. **BRING** a snack (optional)- The test can take 3-5 hours and you will be given a chance to eat.
- 7 **READ** instruction packet carefully. It will answer most, if not all of your questions.
8. **ASK** to speak with a nuclear technologist or nurse if you have any further questions or concerns about our test.

****NOTICE****

If you need to cancel or reschedule your appointment, please give the office at least **24 HOURS** notice. Doses of the radioactive isotope are ordered for each patient the day before his / her test. Consequently, if you fail to provide notice of your cancellation, we reserve the right to charge you for the unused doses. The charge for these doses can range from
\$60.00 - \$250.00.

Thank you for your cooperation

Patient Signature

Date