

## One-Day Nuclear Stress Test Instructions

Allow three to four hours to spend in our office the day of your stress test if it is a one-day test. Unpredictable situations may occur that can extend this length of time. An IV will be started for nuclear imaging of your heart at rest and while exercising.

To increase your heart rate, you will either walk on a treadmill for a certain amount of time or be given a medication to substitute for walking.

1. **No caffeine 12 hours prior to your test!** Caffeine can alter the test results. Do not eat chocolate or drink coffee, tea, soda, colas or other caffeinated beverages such as Mountain Dew or energy drinks. If you are unsure, do not drink it. See the table below for more details.

The table below also has a list of medications containing caffeine. These medications should also be stopped 24 hours prior to the test.

**Please try to refrain from smoking 24 hours prior to your test.**

2. **Breakfast: If your appointment is in the morning**, do not eat breakfast. Drink water, juices or another non-caffeinated beverage. Drink at least two glasses before the appointment since you will have an IV. *If you have diabetes, you may eat a light breakfast in the morning.*

**If your appointment is after 11:30 a.m.**, eat a regular breakfast before 10 a.m. Only have water, juices or another non-caffeinated beverage after breakfast, **no lunch**. Drink at least two glasses before the appointment since you will have an IV.

**Please bring food** (a snack, sandwich, crackers or fruit) and a caffeinated drink with you to the appointment. Do not drink the caffeinated drink until instructed. Eating is necessary for the test since it improves the imaging.

3. **Medications:**

- If you are walking the treadmill, stop beta blockers 24 hours prior to your test. See the list of beta blockers below.
- If you are **not** walking the treadmill, stop taking aggrenox/persantine or theophylline/aminophylline for 48 hours prior to your test.
- Bring your medication list as well as your insurance card and referral.

4. **Clothing:** Wear exercise clothes and sneakers if you will be walking on the treadmill. No jewelry around your neck or metal buttons on your shirt for the imaging. Wear a short-sleeved shirt because you will be given an IV and will require frequent blood pressure readings. It is OK to wear your hearing aids and an underwire bra.

5. **Hygiene:** No lotions or powders on your chest.

If you must cancel, **please call us 24 hours before your appointment.** Since we must order radioactive doses for your imaging in advance, **we will charge you to cover that cost if you cancel less than 24 hours before your appointment.**

**Instructions given to:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Day/Date of Test:** \_\_\_\_\_

## Two-Day Nuclear Stress Test Instructions

**Please follow the directions for a One-Day Nuclear Stress Test for both days of your testing, as well as the information below.**

Allow 2 hours for the first day and 3 hours for the second day to be in our office for your stress test and imaging. Unpredictable situations may occur extending this length of time. An IV will be placed for nuclear imaging of your heart on both days.

To increase your heart rate, you will either walk on a treadmill for a certain amount of time or be given a medication to substitute for walking.

# Nuclear Stress Testing

**What is a stress test?** A nuclear stress test measures the blood flow to your heart at rest and while your heart is working harder as a result of exercise or medication. The test provides images that can show areas of low blood flow through the heart and damaged heart muscle. The test usually involves taking two sets of images of your heart — one while you're at rest and another after you heart is stressed, either by exercise or medication.

**Why is a stress test done?** To diagnose coronary artery disease. Your coronary arteries are the major blood vessels that supply your heart with blood, oxygen and nutrients. Coronary artery disease develops when these arteries become damaged or diseased — usually due to a buildup of deposits called plaques. If you have symptoms that might indicate coronary artery disease, such as shortness of breath or chest pains, a nuclear stress test can help determine if you have coronary artery disease.

**How Long Will it Take?** The average time you will be at our office is four hours. Based on your weight, your stress test may be done over two days. If this applies to you, steps 1, 3 and 4 are completed on Day 1 (total 1.5-2 hours each day). On Day 2, steps 2 and 5 will happen.

STEP 1: When you first arrive, we will take your medical history. Then we will start the IV. Myoview (a radioactive tracer needed for the imaging of your heart) will be injected. There are no side effects from Myoview

STEP 2: One hour after the injection, the first set of images will be taken of your heart at rest. This imaging takes 15-20 minutes.

STEP 3: After the first set of images, your stress test will be performed with the doctor present. Depending on your medical history, you will either walk on a treadmill or receive one of these medications, Persantine or Lexiscan, based on your weight and history. Towards the end of the stress test, you will be injected a third time with Myoview for your second set of images of your heart under stress.

STEP 4: After the stress test, you will wait in the waiting room for 45 minutes to an hour for your second set of images. At this time you will eat and drink the food you brought.

STEP 5: Take a deep breath! Your stress test is over! The doctor will notify you of your results, usually within two to three business days.

## What to Avoid Before Your Stress Test

<p>Caffeine should be avoided <b>24 hours before</b> the stress test</p>	<p>Chocolate or cocoa products in candy, cakes, brownies, pudding, chocolate milk, hot cocoa, etc.; coffee and tea including brewed, instant, iced, and decaffeinated; soda pop, including those labeled "caffeine-free"; diet supplements including energy bars, energy drinks, and products containing guarana.</p>
<p>Drugs containing <b>caffeine</b> should be <b>avoided 24 hours before</b> stress test.</p>	<p>Anacin, Excedrin Migraine, Vivarin, NoDoz, Cafergot, Esgic, Fioricet, Fiorinal, Norgesic or Norgesic Forte, Synalgos-DC, Wigraine</p>
<p>Drugs containing <b>Theophylline</b> — <b>do not take 48 hours prior</b> to stress test.</p>	<p>Aerolate, Constant-T, Elixophylline, Respbid, Slo-bid, Slo-Phylline, Tedral SA, Theo-24, Theoclear, Theo-Dur, Theolair, Theo-Organidin, Thei-Sav, Theostat, Theo-X</p>
<p>Drugs containing Dipyridarnole (<b>Persantine</b>) — <b>do not take 48 hours prior</b> to stress test.</p>	<p>Aggrenox, Perinole, Persantine</p>
<p><b>Beta Blockers</b> – stop your Beta Blocker the night before and morning of test only if you are walking the treadmill.</p>	<p>Atenolol, Beta Pace (Sotalol), Lopressor (Metoprolol Tartrate), Toprol (Metoprolol), Coreg (Carvedilol), Blocadren (Timolol Meleate), Cartol (Carteolol HCL), Corgard/Corzide (Nadolol), Inderal/Inderide (Propranolol HCL), Levatol (Penbutolol HCL), Sectral (Acebutolol HCL), Tenonin/Tenoretic, Timolide (Timolol HCL), Visken (Pindolol), Bystolic (Nebivolol).</p>