



Nuclear Stress Test 24 Hour Preparation Instructions

*******Test is 4 to 6 hours long*******

Arrival time:

It is essential for you to be on time for your appointment. It is also very important for you to keep your appointment if at all possible. The radioactive pharmaceutical is specially ordered for your scan. If you are unable to keep your appointment, please notify our office at least 24 hours in advance. 954-983-8910.

Please follow these instructions prior to your Nuclear Stress Test:

1. **DRINK WATER! PLEASE STAY HYDRATED BEFORE AND DURING THE TEST!**
2. **Do not eat or drink** anything, besides water, 6 hours prior to your appointment.
3. **Do not smoke** 6 hours prior to your appointment.
4. **Bring a snack**; you will have an opportunity to eat at some point during the test.
5. It is OK to take any other medications on the morning of the test (except for Blood Pressure), unless they are on the list below, or if your doctor has given you specific instructions to hold your medication. *(The list below contains the name brand with the generic equivalent in parentheses.)*
6. Please inform your doctor if you are planning to travel within 24-48 hours after your test.

Clothing:

1. Please wear shoes suitable for exercise on our treadmill.
 2. We recommend you wear a loose, 2-piece outfit.
 3. Please refrain from applying lotion or powder to your chest on test day.
- Women:** If possible, refrain from wearing an underwire bra on the day of your test.

Do not consume any Caffeine 24 hours prior to your test:

No Coffee (Including Decaf), No Tea, No Soda Beverages, NoDoz,
No Chocolate
No Headache Medicine (Excedrin, Motrin, Tylenol, Fioricet, Fiorinal, Anacin, etc.)

Diabetics:

1. **If you are diabetic**, you may nibble on food or sip juice during the testing process to keep your sugar stable, **only if necessary**. If you are on insulin, please take only half of your usual morning dose. (If you are on an insulin pump that cannot be adjusted, please inform the technician when you arrive to your appointment.)
2. If you are on an oral diabetic medication, such as Metformin, please hold your usual morning dose.

(Please bring your medications with you to take immediately after the test)
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Do not take these Beta Blockers 24 hours prior to your test, unless otherwise instructed by your physician:

Acebutolol – (Sectral)	Atenolol – (Tenormin)
Betaxolol – (Kerlone)	Bisoprolol – (Zebeta)
Carteolol – (Cartrol)	Carvedilol – (Coreg)
Esmolol HCL – (Brevibloc)	Labetalol HCL – (Normodyne, Trandate)
Metoprolol – (Toprol, Lopressor)	Metoprolol XL – (Toprol XL)
Nadolol – (Coregard)	Nebivolol – (Bystolic)
Pindolol – (Visken)	Propanolol – (Inderal, Innopran)
Sotalol HCL – (Betapace)	Timolol – (Blocadren)

Do not take these Beta Blocker Combos 24 hours prior to your test:

Atenolol/Chlorthalidone – (Tenoretic)	Bisoprolol/Hydrochlorothiazide – (Ziac)
Metoprolol/HCTZ – (Lopressor HCT)	Nadolol/Bendroflumethiazide – (Corzide)
Propanolol HCL (SA) – (Inderal (SA)	Timolol/HCTZ – (Timolide)

About your Nuclear Stress Test:

The purpose of your test is to determine if and/or where you have coronary artery disease and to find, if any, blockages in the vessels of your heart muscle. We do this by taking two pictures of your heart. The first picture, your resting scan, depicts the blood flow to your heart muscle when you are at a relaxed state. The second picture, your stress scan, depicts the blood flow to your heart muscle when your heart is working hard. By comparing these images to each other our cardiologists can determine if you have coronary artery disease.

When you arrive for your appointment, the first step will be to place an IV in a vein of your arm. You will then receive an injection of Isotope that is a radioactive tracer that follows your blood flow and localizes in your heart muscle. There are no symptoms or side effects from this injection. We will let this tracer circulate for a short period and then take your resting scan. This picture will take about 22 minutes. After your resting images, you will be set up for the stress portion of the exam. An EKG leads will be placed on your chest. You will exercise on the treadmill until your heart rate elevates to a sufficient level. At your peak exercise a second dose of the Isotope radioactive tracer, will be administered through your I.V. After completing your exercise portion you will be able to eat a snack, then, Your stress images will then be taken after. These again are approximately 20 minutes. You will not receive your test results the day of your appointment, but at your follow-up appointment with your physician. You can request a copy of your test for your primary care physician or you record.

The entire test will take approximately 4 hours.

If you are scheduled for an adenosine/lexiscan stress test:

You will not be walking on the treadmill. Instead, you will be given a drug, Adenosine or Lexiscan, to stress your heart instead of exercise. These medications can produce some side effects/symptoms that the technologist will go over with you before beginning. The drug will be given over 6 minutes and the Isotope will be injected during this time. The side effects/symptoms you encounter will subside very quickly when it is stopped at the end of your test. Your stress images will be taken 40-50 minutes after the drug infusion.