

Nuclear Stress Test - Patient Instructions

Premier Cardiac and Vascular
5411-D Backlick Road
Suite 100
Springfield, VA 22151
(703) 563-1575

Name: _____

Ordering Physician: _____

Date/Time: _____

If you are unable to make your scheduled appointment, please call the office by 3:00 p.m. the day prior to your test. Missing a scheduled stress test may result in a \$300 charge, which is not billable to your insurance(s). This charge is to cover the cost of the isotope that was ordered specifically for you.

Your doctor has asked for a stress test in order to get a more accurate and complete information about how your heart is functioning. A stress test consists of taking pictures of your heart with a special camera in two phases: while resting and after stress. You will be injected with a radioactive isotope through an IV during each phase. In order to stress your heart, you will exercise on a treadmill. If you are unable to exercise, you may be given a drug, by injection, intended to have a similar effect on the heart to that of exercise.

**PLEASE FOLLOW INSTRUCTIONS CAREFULLY TO AVOID BEING RESCHEDULED.
INFORM YOUR PHYSICIAN IMMEDIATELY IF YOU COULD BE PREGNANT,
If unable to lie flat we are able to accommodate you as the Camera is upright.**

48 HOURS BEFORE YOUR TEST

NO Viagra, Cialis, Levitra, or Revatio

NO Aggrenox, Persantine, or Theophylline

24 HOURS BEFORE YOUR TEST

NO Beta-blockers such as atenolol, metoprolol, Toprol XL, Lopressor, Coreg, carvedilol, Bystolic, bisoprolol (UNLESS otherwise directed by your physician). **CONTACT** us if you have any questions regarding your medications.

12 HOURS BEFORE YOUR TEST

DO NOT smoke or use any nicotine products

NO coffee or tea of any kind

NO decaffeinated coffee or tea of any kind

NO colas or soft drinks, including those labeled caffeine-free

NO chocolate (candy, cakes, pies, cocoa, white chocolate, etc.)

NO Anacin, Excedrin or other drugs containing caffeine

DIABETICS if you take insulin at bedtime, only take **HALF** your usual dose

THE DAY OF YOUR TEST

DO NOT have anything to eat 4 hours prior to your test.

DO have water, juice, or lemonade to ensure that you are well hydrated.

DO take your medications as usual, **EXCEPT** those listed above, **UNLESS** otherwise directed by your physician.

DO NOT take any oral diabetic, insulin, or water pills (diuretics) until after your test.

BRING ALL MEDICATIONS with you in their original containers, **INCLUDING INHALERS**. We may instruct you to take certain medications before, during, or after your test.

WEAR a comfortable loose fitting two-piece outfit. Avoid dresses, jumpsuits, or clothing with metallic buttons. (**NOTE:** Exam area tends to be cold. Ladies will remove their bras for testing.)

WEAR close-toed shoes appropriate for **WALKING**. **NO** slip-ons, sandals, house shoes, or dress shoes.

ARRIVE 5 minutes prior to your appointment time.

ALLOW at least 4 hours to complete the test. Please bring something to help pass the time. You must remain in the building until all testing is complete.

RESULTS will be communicated to you by your physician who ordered the test.