

## Nuclear Stress Test - Patient Instructions

Premier Cardiac and Vascular  
609 Jefferson Davis Highway  
Suite 201  
Fredericksburg, VA 22401  
540-666-6181

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.