



EXERCISE NUCLEAR STRESS TEST INSTRUCTIONS

www.KeystoneCardiology.com

ABOUT EXERCISE TREADMILL STRESS TEST

Taking an exercise stress test, whether it's a traditional stress test or a nuclear stress test, involves walking on a treadmill. The test starts at a very slow pace and gradually increases in speed and elevation every 3 minutes. You will notice that your heart rate will increase just like it does when you exercise normally. If you don't usually exercise, you might find this test a bit challenging. Please be assured that the cardiologist and technicians will be monitoring you during the entire portion of the stress test. If you experience any unusual sensations, such as shortness of breath, feeling faint, chest palpitations, chest pain, chest pressure, jaw pain, etc.; be sure to inform the cardiologist.

If you do not exercise regularly, you may have some concerns about this test. It may help to know that the average treadmill portion of a stress test takes 15 minutes or less, and it's not necessary to be in good shape to perform it. If anxiety keeps you from scheduling a stress test, remember that early detection and treatment of heart disease can help protect your health. If you're still reluctant to have this test, please speak with your cardiologist and express your concerns.

GENERAL INFORMATION

- **TO CANCEL OR RESCHEDULE: 201-882-6088**
- **Depending on the schedule the testing may take up to 3 hours to complete.**
- **REQUIRED DOCUMENTS:** Insurance information and a form of photo identification
- **APPOINTMENT:** Please arrive 15 minutes prior to your scheduled time. To minimize your overall testing time at Keystone Cardiology, please try to make every effort to be on time for your appointment. *We cannot guarantee a specific time for the completion of your test. Please allow 4 hours between same day appointments and/or other commitments.*
- **MEDICAL DEVICES:** Implanted devices such as pacemakers and defibrillators as well as external devices such as insulin pumps will not interfere with the imaging device nor will the imaging device interfere with the operation of the internal or external device.
- **CONFLICTING MEDICAL STUDIES:** Most types of Nuclear Medicine studies such as bone scans, thyroid scans, renal scans, gallium scans, lung scans, etc. conflict with the Cardiac Nuclear Stress test and should not be performed within a certain time period prior to the Cardiac Nuclear Stress Tests. Please inform the person at the time of scheduling if you have another Nuclear Medicine procedure scheduled prior to your Nuclear Stress test. If you are still unsure, please call and speak with us.
- **CLAUSTROPHOBIA:** **If you are extremely claustrophobic, you may want to consider taking a mild sedative. If you are already taking a mild sedative, please bring them with you. If not, you may want to consider contacting your primary care physician who can prescribe the appropriate sedative for the exam. Please bring them with you on the day of the exam and have someone drive you to and from the facility.**



PLEASE READ FOLLOWING INSTRUCTIONS CAREFULLY

- **12 hours prior to your appointment:** No coffee, tea (including decaffeinated) or caffeinated products such as soda, chocolate, cold & allergy medications or any product that might contain caffeine. (If unsure, check product ingredients. If still unsure, do not eat or drink the product)
- **2 Hours prior to your appointment:** No food or beverages with the exception of water. You may drink as much water as desired.
- **Diabetics (Insulin or oral medication dependent):** We want to remind you that you should anticipate a period of not eating as well as some amount of exercise and therefore consider necessary adjustments to your scheduled food intake and/or insulin adjustments based on your individual management plan. If you are unsure, please be sure to ask your physician or nurse.
- **Asthmatics:** Make sure to bring along your inhaler.
- **Medications:** Bring a complete copy of all your current medications.
- **Skin Preparation:** Shower or bathe prior to appointment to ensure removal of naturally occurring skin oils. Do not apply any skin lotions, perfume, powder or after shave. **You may apply deodorant.**
- **Safety:** For your safety and comfort, wear flat walking shoes or sneakers
- **Clothing:** Wear loose fitting comfortable clothes; make sure sleeves slide easily above elbow. Shirts and blouses etc., should not have metal buttons.
- **Jewelry:** No jewelry should be worn on the chest area. For example: pins, necklaces, piercings, medals, religious pins attached to bra, etc. No metal buttons on shirts or blouses.
- **Medications:** Discontinue the following Brand Name (generic) medication(s) 24 hours prior to your scheduled appointment: unless otherwise instructed by your physician:

Brand Name	Generic
Aggrenox	Dipyridamole
Betapace	Sotalol
Blocadren	Timolol, Timolide
Bystolic	Nebivolol
Calan	Verapamil
Cardizem	Diltiazem
Cartrol	Carteolol
Coreg	Carvedilol
Corgard	Nadolol
Covera	Verapamil
Inderal	Propranolol
Isoptin	Verapamil
Kerlone	Betaxolol
Levitol	Penbutolo
Lopressor	Metoprolol
Nromodyne/Tantrate	Labetolol
Sectral	Acebutolol
Tenormin	Atenolol
Tiazac	Diltiazem
Toprol	Metoprolol
Visken	Pindolol
Zebeta	Bisoprolol
Ziac	Bisoprolol