



PHARMACOLOGIC NUCLEAR STRESS TEST INSTRUCTIONS

www.KeystoneCardiology.com

About Pharmacologic Nuclear Stress Test

- Approximately half of the people undergoing a cardiac stress test are unable to perform an exercise treadmill stress test because of physical or medical conditions.
- Vasodilators are used when a person is unable to exercise enough to increase blood flow to their heart during a cardiac nuclear stress test.
- Vasodilators work by increasing blood flow in the coronary arteries; as if you actually were exercising. It is performed either by sitting in a chair or by walking very slowly on a treadmill.
- With vasodilators you may or may not notice a mild increase in heart rate and a mild decrease in blood pressure. Most individuals are unaware of these changes.
- Vasodilators may or may not produce side effects. Of the side effects produced, the most common are: shortness of breath, headache, heaviness in the arms and legs, flushing, chest discomfort, dizziness, nausea, abdominal discomfort. For most individuals, these side effects naturally disappear shortly after vasodilators administration. For those individuals with lingering side effects, the cardiologist may order an antagonist medication to mitigate the symptoms.
- Depending on your medical condition and if you can; the cardiologist will request that you walk very slowly on the treadmill for 3-4 minutes while the vasodilator is administered. There will be no elevation and no speed involved; just a mild stroll. You are not required to finish the entire 3-4 minutes if you are unable to do so. Walking on the treadmill will reduce or eliminate any of the potential side effects produced by the medication.
- 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.
- It may help to know that the average vasodilator portion of a stress test takes 6-7 minutes to complete. If anxiety keeps you from scheduling a nuclear 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. Allow at least 4 hours' time 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 period prior to the Cardiac Nuclear Stress Test. 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.



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- **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. **If you anticipate taking sedatives, we require that you have someone available to 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 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:** You may continue to take all your prescribed medications with the exception of medications containing theophylline or dipyridamole.

Common Prescription Medications containing <u>Theophylline</u>	Common Prescription Medications containing <u>Dipyridamole</u>
Slo-Phylline	Aggrenox
Theolair	Persantine
Elixophyllin	
Aerolate	
Slobid	
Theo-24	
Theo-Dur	
Uni-Dur	
Uniphil	
Oxtriphylline (Choledyl)	
Aminophylline	
Dyphylline (Dilor, Lufylin)	
Pentoxifylline (Trental)	