



Nuclear Testing Patient Instructions

IMPORTANT: Please **CAREFULLY** read and comply with all instructions to avoid rescheduling.
No one **under the age of 18** is permitted in the nuclear waiting area.
Please arrange child care if needed.
Please plan to spend **3-4 hours** with us the day of your test.

HOW TO PREPARE FOR THE TEST

Before the Day of your Test:

- **48 HOURS PRIOR** to your test, please review the **medications to avoid list** on the back of this form
- **NO CAFFEINE 24 hours prior to your test.** This includes coffee, tea, chocolate, soda, “decaffeinated” beverages and energy drinks. Some migraine and headache medications also contain caffeine.
- **NO Smoking after midnight the day before your test.**
- Drink plenty of water before your test.

The Day of Your Test:

- No lotions, oils, or powders on your chest.
- Wear comfortable two piece clothing, and athletic or rubber soled shoes.
- **NO** flip flops or sandals.
- **NO FOOD TWO HOURS PRIOR YOUR TEST.** Water is ok.
- Bring a snack with you. The nurse will instruct you when it is ok to eat.

Diabetic patients: if you take insulin or other medications for diabetes, do not take your morning dose. Bring your medication with you or contact the doctor that monitors your diabetes for advice.

What to Bring with You:

- Current medications
- Your photo ID
- Your insurance card
- Your inhaler if you have one (even if you do not use it often)

Your cardiologist will review the results and once final,
they will send a copy of the report to your primary care physician or to the physician that referred you to our office.
Please allow a minimum of **7-10 business days** for processing of testing results.

The test will be performed the indicated office:

☐ Cary Office
300 Keisler Drive
Cary, NC 27518
(Check In at Suite 100)

☐ Dunn Office
145 Tilghman Drive, Suite 100
Dunn, NC 28334

☐ Fuquay-Varina Office
400 Attain Street
Fuquay-Varina, NC 27526

YOUR APPOINTMENT IS SCHEDULED FOR:

_____ at _____ am/pm

Please arrive **15 minutes prior** to your scheduled appointment time.

Appointments not cancelled 24 hours prior to appointment will result in a cancellation fee. Failure to follow the above instructions may result in rescheduling your appointment. Please see No-show policy on the back of these instructions.

Please contact our office at 919-233-0059
if you have any questions or concerns about your Nuclear Test.

(Rev. 09.01.2022)

Medications to Avoid:

48 Hours: Persantine, Theophylline, Aminophylline

24 Hours: Amlodipine, Atenolol, Bepridil, Betaxolol, Bisoprolol, Bystolic, Cardizem, Cartia, Carvedilol, Coreg, Covera, Diltiazem, Dipyridamole/Aggrenox, Esmolol, Felodipine, Inderal, Isradipine, Labetolol, Levobunolol, Lopressor, Mavik, Metipranolol, Metoprolol, Nadalol, Nicardipine, Nisoldipine, Nifedipine, Nimodipine, Norvasc, Penbutolol, Propranolol, Tenormin, Tiazac, Timolol, Toprol, Verapamil, Verelan, Xanthine

Information About Nuclear Testing

What is Myocardial Perfusion Imaging? Myocardial Perfusion Imaging is a test used to show how well the blood flows to the heart muscle. The test is done using Nuclear Medicine Imaging and a special camera called a gamma or scintillation camera.

Why do I need this test? There are many reasons your doctor may order this stress test, a few are:

- ▶ Your doctor may be concerned that you have heart disease and want to rule it out.
 - You may have symptoms of chest, jaw, or arm pain or an abnormal EKG
 - You may be at higher risk for heart disease due to one or more of the following: high blood pressure, high cholesterol, diabetes, smoking, obesity, or a family history of CAD.
 - You may need pre-operative clearance for a procedure.
- ▶ You have already been diagnosed with heart disease and your doctor wants to evaluate you.
 - You have developed new or worsening symptoms.
 - To check for heart damage.
 - To check on the progress you have made and evaluate your risk for future problems.
 - To check on how well your current treatment is working and make changes as needed.

Will I be able to drive myself home? Yes, there are usually no aftereffects from this test.

How does the test work?

The nuclear stress test involves taking pictures of the blood flow to your heart at rest and at stress. We use a radioactive tracer to map the blood flow to the heart muscle. Specially trained technologists and nursing personnel will perform your test under the supervision of a cardiologist in our office.

How long will the test take?

You will be at our office for **3 to 4 hours**. If you have multiple tests ordered, it could take a bit longer. If the test is scheduled to be done on two separate days, you will be here for about 2 hours each day.

How do I prepare for the test? Carefully read and follow attached instructions. Failure to properly prepare for your test may result in the test being rescheduled.

What will be done when I arrive?

- After you check in you will be taken to an exam room by the nurse or technologist.
- We will ask you a few questions, talk to you about the test, and answer any questions you have.
- A temporary IV will be placed in your arm or hand. You will be given the imaging medicine.
- Next you will be asked to wait for about 30 minutes while the imaging medicine works.

The test involves two pictures with a stress test performed in between. The type of stress test performed depends on your physical abilities and the Cardiologist's recommendation. You will be allowed to have your snack after the stress test. After your second picture is completed, the technologist will process your test while you wait.

When will I get my results?

You will receive a call from our office in 1-2 weeks following your test.

A copy of the final report will be promptly faxed to your referring physician.

Cary Cardiology No-Show/Cancellation Policy

Nuclear Testing:

- Any appointment that is No-Showed for nuclear testing appointment will be charged a \$100.00 Fee.
- Cancel/Rescheduling: If you need to cancel or reschedule the appointment it must be done at least 24 hours before the appointment. Any cancellation/rescheduling that is done LESS than 24 hours before the appointment time will be charged a \$100.00