

### Nuclear Stress Test Patient Information

Your doctor has ordered a nuclear stress test of your heart. During this test, a small amount of radioactive tracer will be used to better visualize your heart. The information obtained by this test will help your doctor manage your care.

**Please arrive 15 minutes prior to your appointment time.** Please wear comfortable clothing (short sleeve shirt), or a gown will be provided if you should so desire. *There is **no magnet nor dye** associated with this test; people with pacemakers, ICD's or have dye allergies, may have a nuclear stress test.*

An intravenous line will be placed in your hand or arm. The nuclear medicine technologist will inject a radioactive tracer through your IV. *If you are or may be pregnant or are breastfeeding an infant, please call our office and speak with Triage Department **before** the day of your test.*

The stress test may be performed with either exercise on a treadmill or at rest by the use of a medication (Regadenoson). **Two sets of images** of your heart will be acquired. 1 prior to the exercise/medication portion, and 1 after the exercise/medication portion.

### THIS TEST WILL TAKE ABOUT 3 HOURS

(Bring a book/ eReader/ magazine/ you may listen to your iPod/MP3 player)

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### Nuclear Stress Test:

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

- I agree that a \$100 fee for the returning of the isotope will be assessed to my account if I do not arrive for my appointment on time or have not cancelled this appointment by 3pm the day before the test.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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### PATIENT PREPARATION INSTRUCTIONS

- **Nothing to eat for 4 hours prior to your test-**
  - You may drink water right up until your test time.

#### **DIABETICS - SPECIAL INSTRUCTIONS:**

- If you have diabetes; please have a light breakfast.
- Take all of your diabetes medications, including insulin, as is appropriate for your light breakfast. Above all, we want your blood sugar stable.
- **No caffeine 24 hours prior to your test-**
  - This includes decaffeinated coffee and teas, Colas or soft drinks including those labeled "caffeine-free", all energy drinks, cocoa & chocolates.
  - No aspirin products that contain caffeine.
- **If you use inhalers:** By all means use them the morning of the test & bring them with you
- **Clothing:**
  - Please wear comfortable, loose clothing and shoes suitable for walking. A short sleeve shirt that buttons down the front is recommended. No jewelry around the neck. No lotion on your chest.
- **Some medications may need to be discontinued up to 48 hrs prior to your test:**
  - Please follow the instructions provided by your provider as to which medication(s) should be discontinued prior to your test.