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 5-10 minutes prior to your appointment time so you have time to fill out the registration form. You have the option of wearing a pants and a shirt, or a gown will be provided if you should so desire. *There is no magnet associated with this test; people with pacemakers or ICD’s may have a nuclear stress test.*

An intravenous line will be placed in your hand or arm. (If you have very poor veins or an indwelling line such as a portacath, call ______________ and speak to the technologist before the day of your test.) 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 and speak to the nuclear medicine technologist before the day of your test.*

The stress test may be performed either on a treadmill or by the use of medications - either Adenosine or Regadenoson. **Two sets of images** of your heart will be acquired: 2 sets of images will be acquired: 1 prior to your stress test, and 1 after your stress test.

**THIS TEST WILL TAKE 3–4 HOURS**
(Bring a book / eReader / magazine / you may listen to your iPod/MP3 player while on the camera (~40 minutes camera time))

### Nuclear Stress Test:

<table>
<thead>
<tr>
<th>Name: ___________________________</th>
<th>Day: ______</th>
<th>Date: __________</th>
<th>At: __________</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I agree that a $100 fee will be assessed if I do not arrive for my appointment on time and properly prepared, and have not cancelled one business day in advance.</td>
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<tr>
<td>• This partially reimburses ______________ for expenses incurred for perishable materials which will be waiting for me at my scheduled appointment time.</td>
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<tr>
<td>Signature: ______________________</td>
<td>Date: __________</td>
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</tbody>
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### Follow - Up Appointment:

| With: __________________________ | Day: ______ | Date: __________ | At: __________ |

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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.
  - If you have an afternoon appointment- please eat a light to moderate breakfast.
  - Bring a snack- you will be able to eat about 1 hour and 45 minutes into your visit.

- **Diabetics – Special Instructions:**
  - If you have diabetes; please have a light breakfast, and by all means bring a snack.
  - 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 or teas, all energy drinks, & chocolate. You may have “caffeine-free” teas.
  - No Anacin, Exedrin, Caffedrine, Cardiotea, Fioricet, Fiorinal, Hycomine, Norgesic, Repan, Vivarin
  - We will provide caffeinated coffee for you 1 hour and 45 minutes into your visit (once the stress test is complete)

- **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 rubber-soled shoes suitable for walking. A shirt that buttons down the front is recommended for easy EKG electrode placement. No jewelry around the neck. No lotion on your chest.

- **Some medications need to be discontinued up to 48 hours prior to your test:**
  - Please refer to the back side of this sheet to see if you are on any medications which need to be discontinued.

Thank you for arriving properly prepared for your nuclear stress test!