

PREPARE FOR YOUR NUCLEAR STRESS TEST

IMPORTANT: PLEASE CAREFULLY READ AND COMPLY WITH ALL INSTRUCTIONS IN ORDER TO AVOID RESCHEDULING. PLEASE CALL THE OFFICE AND LET US KNOW 24 HOURS PRIOR IF YOU ARE UNABLE TO ATTEND YOUR SCHEDULED APPOINTMENT. ALSO PLEASE NOTE FOR RADIATION SAFETY REASONS, ONLY PATIENTS ARE ALLOWED IN THE TESTING AREA.

WHAT IS A NUCLEAR STRESS TEST?

A nuclear stress test is an imaging procedure that assesses blood flow to the heart during rest and exercise by employing a small amount of radioactive material, administered through an IV, and capturing images with a PET or SPECT scanner to identify areas of impaired blood flow or damage in the heart, aiding in the evaluation of the risk of heart-related events.

BEFORE YOUR NUCLEAR STRESS TEST

Medication Restrictions: No Tropol, Tenormin, Atenolol, Ziac, Inderal, Lopressor, Metoprolol, Coreg, Calan, Vera-pamil, Catria, or Cardizem for 48 hours prior to your test. Please discuss this with your doctor.

No Caffeine-Containing Substances: Absolutely no coffee, tea, chocolate, or soft drinks for 24 hours prior to your test.

No nitrates: Such as isosorbide, Imdur, nitroglycerin, etc.) for 24 hours prior to your test.

Appointment Confirmation: Inform the office at least 24 hours before the test if you can't keep the appointment.

Fasting and Insulin: No eating or drinking for 8 hours before the test. Take half of your normal insulin dose the night before. Avoid diabetes medication on the test morning.

ON THE DAY OF YOUR TEST

Attire and Comfort: Bring sneakers or wear comfortable walking shoes. Wear loose-fitting clothing; avoid anything tight. Do not use body creams or moisturizers.

Medication and Health: No theophylline (aminophylline). Report asthma to your doctor. Take regular medications in the morning with a small glass of water. Do not take any pain relievers or medications containing caffeine.

Test Duration: The test has two parts and takes approximately 1.5 hours to complete.

WHAT TO EXPECT ON THE DAY OF YOUR TEST



Two-Part Procedure

The test is divided into two parts, each involving imaging to assess heart function and blood flow. No eating or drinking until both parts are completed.

1



Treadmill Exercise

During the treadmill exercise, you will walk on a treadmill to simulate stress on your heart while being monitored for symptoms and vital signs.

2



Radiotracer Injection

A small amount of a radioactive substance (radiotracer) is injected into your bloodstream for imaging purposes, causing minimal discomfort.

3



Rest and Stress Imaging

Images are captured both at rest and after exercise to evaluate blood flow and identify any areas of poor blood flow or damage in the heart.

4

*This procedure is non-invasive and generally well-tolerated by our patients.