

NUCLEAR STRESS TEST INSTRUCTIONS

Woodholme Cardiovascular Associates - 1838 Greene Tree Road, Suite 535. Pikesville, MD 21208

Patient's Name: _____

Date of Test: _____

Arrival Time: _____

Testing Procedure

1. A Nuclear Medicine Technologist will explain the test, obtain written consent, and start an IV.
2. The nuclear tracer is injected. The tracer is used to image the blood flow to your heart. There are no common side effects associated with the tracer.
3. Approximately 45 minutes after the injection, the first set of images will be obtained. Images take approximately 15 minutes.
4. You will then be instructed to either walk on a treadmill or receive a medication determined by your doctors' prescription. Low level exercise may be performed during the medication stress test to minimize side effects. A second injection of the tracer will be given during the procedure.
5. After a short period of monitoring, a waiting period of 15-45 minutes will be required prior to a second (last) set of images. You may eat or drink during this wait.
6. Approximate testing time for a nuclear stress test is 3 hours.

Instructions

1. **Do not eat or drink 4 hours prior to your appointment time, except enough water to take your prescribed medicine as instructed by your physician.**
2. **DO NOT TAKE BETA BLOCKERS 24 HOURS PRIOR TO THIS TEST.** Beta Blockers include Carvedilol (Coreg), Labetalol (Normodyne, Trandate), Metoprolol (Lopressor, Toprol-XL), Nadolol (Corgard), Nebivolol (Bystolic), Penbutolol (Levitol), Propranolol (Inderal).
3. Do not take medications containing Theo-Dur or Theophylline (used for server COPD) for 24 hours. Discontinue Viagra, Levitra or other sexual stimulants for 24 hours prior to the test. Do not use Cialis for 48 hours prior to the test.
4. Diabetics scheduled before 12:00PM: Patients taking insulin should take half (1/2) dose of insulin the morning of the test, drink a small glass of juice and eat one slice of toast with butter or jam prior to 7:00AM. Bring a snack. You may take the rest of your insulin when the test is complete. Patients taking oral diabetes medication should not take it the morning of the test; bring it with a snack to have after the stress portion, prior to the last set of pictures.
5. **Do not have any caffeinated or decaffeinated products for 12 hours before the test, (regular coffee, decaf coffee, tea, soda, chocolate, energy drinks, power bars, diet drugs, or anything that has caffeine) or the test may need to rescheduled.**
6. Please bring a current list of your medications.
7. You must bring a medical prescription/order from your referring physician for this test. If your insurance requires a referral it is the patient's responsibility to bring this the day of the test or ensure that your doctor's office has faxed it to us in advance of your appointment.
8. Wear pants or shorts, a tee shirt or short sleeve button down shirt/blouse, and athletic shoes (walking shoes).
9. You may bring a snack with you to have after you have finished the stress or intravenous medication portion of the test.
10. Please arrive **15 minutes early** for your appointment. If you need additional instructions, please call 410-469-4000.
11. A **\$150** fee will be assessed to your account if you "No-Show" or cancel your appointment within 24 hours.