



NUCLEAR STRESS TEST

MORNING PATIENT INSTRUCTIONS

PREPARATION

- **Diet:** Nothing to eat or drink after 12:00 (midnight).
- **No caffeine or decaffeinated products** (example: chocolate, tea, coffee, etc) for 24 hours prior to test.
- **Clothing:** Wear two-piece, loose fitting clothing and rubber-soled walking or running shoes that are comfortable for exercising.
- **Do not use** bath oil, lotion or powder on the morning of the test. You may use deodorant.
- **Medications:** Take ½ your dose of diabetes medication. Take all other medications as normal with a small amount of water unless instructed otherwise by your physician.
- **Note:** If you have **Asthma** or **Emphysema** or if you are on **Theodur** or **Theophylline**, please tell our technologist at the time of your stress test.
- **Insurance:** If you are covered by an insurance plan that requires pre-authorization from your primary care physician, please make those arrangements prior to your visit.

BRIEF EXPLANATION OF SEQUENCE OF TEST

- IV will be inserted in arm or hand.
- Isotope, used for imaging, will be injected using the IV site.
- Resting images will be taken (13 minutes).
- Stress portion performed using a treadmill or IV medications (during this time, you will receive a second injection of isotope).
- **BREAK** – You will be able to eat and drink without limitations; and take any medications skipped during this time. This break period will vary in length of time (maximum 2 ½ hours). If you are unable to leave the office for lunch, you may bring a sack lunch.
- Return for stress images (13 minutes) to complete your test. The technologist will let you know the time of return.

IMAGING MEDICATION

The isotope is ordered specifically for each patient the day before their test, and according to their scheduled time. ***If the patient does not cancel their scheduled appointment at least 24 hours prior to the test, you may be billed for the two isotope doses.***

QUESTIONS/CONCERNS

You will be contacted the day before your test to confirm your appointment time. Any questions or concerns you may have can be answered at that time or you may call our office.

Thank you for your time, patience and cooperation!