



Nuclear Stress Test

Patient Name: _____ Appt Date: _____

Appt Time: _____ Check in Time: _____

♥ **Diet:**

- **Morning patients:** Nothing to eat or drink after 12:00 a.m. (midnight) with the exception of water.
- **Afternoon patients:** You may eat a light breakfast such as cereal, toast, or orange juice before 7:00 a.m., but no caffeine products.

♥ **No Caffeine or Decaffeinated Products:** (example: chocolate, tea, soda, coffee, decaf tea, decaf 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.

♥ **Medications:** Take your medication the day of your appointment unless otherwise instructed by your physician; or if you take beta blockers or calcium channel blockers refer to list on the back of this form.

♥ **Diabetic Patients:**

- **Morning patients:** Should not take their usual diabetic medication, but should bring their diabetic medication with them the day of the test.
- **Afternoon patients:** Take one half of your morning dose of diabetic medication and eat a light breakfast. Bring your diabetic medication with you the afternoon of the test.

♥ **Note:** If you have Asthma or Emphysema, or if you are on Theodur or Theophylline, please tell our technologist at the time of your 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 IV site.
- ♥ Resting images will be taken (14 minutes).
- ♥ Stress portion performed using a treadmill or IV medications (During this time, you will receive a second injection of isotope). If IV medications are used to perform the stress portion, you may still be asked to briefly walk on a treadmill at a slow pace.
- ♥ 45 min to 1 hr. break- you will be able to eat, drink, and take medications during this time. This break period will vary in length of time. You may bring a sack lunch, otherwise a snack and juice will be provided.

Imaging Medication:

Please Initial _____

The isotope is ordered specifically for each patient the day before their test and according to their scheduled time. If you, the patient, do not cancel your scheduled appointment at least 24 hours prior to the test, you will be billed for the two isotope doses. If you, the patient, are more than 30 minutes late for scheduled appointment, testing may have to be rescheduled and you may be billed for two isotope doses. Isotope cost is approximately \$80.

Nuclear Test Instructions for Medications:

Morning and Afternoon Patients: Unless otherwise instructed by your physician DO NOT take the following medications, but DO bring them with you to the test.

Beta Blockers:

Most Common:

Atenolol
Bisoprolol
Carvedilol
Coreg
Inderal
Lopressor
Metoprolol
Propranolol
Toprol
Zebeta

Less Common:

Acebutolol
Betaxolo
Blocadren
Corgard
InnonPran XL
Kerlone
Nadolol
Sectral
Tenormin

Calcium Channel Blockers:

Most Common:

Cardizem
Calan (SR)
Covera HS
Diltizem
Isoptin SR
Tiazac
Verapamil
Verelan (PM)

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 at **(214) 841-2000**.

Patient Signature _____

**Thank you for your time, patience, and cooperation!!
HeartPlace BHVH**