



NUCLEAR MEDICINE STRESS TEST

PREPARATION FOR YOUR STRESS TEST:

1. You are to have no caffeine products for 12 hours prior to your test. This includes coffee, tea, chocolate, soda and decaffeinated products. Please see the **following list** of products containing caffeine.
2. You are to have no alcohol or tobacco products for 12 hours prior to your test.
3. On the morning of your test you may have a light breakfast, there is NO fasting for this test. You may also drink milk, juice, water.
4. Take your medication as you always do, **except oral breathing medications (see list)**. Breathing medications must be held 12 hours prior to your test. You may use inhalers as you always do. Please see the following list of medications that must be held 12 hours prior to your test.
5. Wear comfortable clothes for your test. You will have to take off clothes from the waist up for your test; women will be given a gown to wear.
6. Wear comfortable shoes for walking, no sandals or flip flops. You **do not** have to buy tennis shoes for your test.
7. Plan on being at the office 4 to 5 hours. We do try to get you test completed in 3 to 3 ½ hours but there can be delays.
8. If you need to cancel your appointment, please give 24 hour notice by calling the office.

ON THE DAY OF YOUR TEST

1. Please arrive at the office 10 to 15 minutes prior to your appointment, except for patients scheduled for 7:30 a.m.; **the office door does not open until 7:30 a.m.**
2. Make sure you have your photo ID, insurance card and a list of your medications with the doses. We do need your updated list of medications even if you have been at the office before.
3. An IV will be started in a vein in your arm.
4. There will be 2 injections of Cardiolite (the radioactive material used to take the pictures of your heart) through the IV in your arm.
 - Cardiolite enables us to see the blood flow to the heart
 - It is not a dye, there are no reactions to it even if you are allergic to contrast agents.
 - The amount of radiation you receive is less than the amount of radiation you receive from a chest x-ray
 - If you have had a reaction to nuclear medicine in the past please notify the office.

5. You will have 2 scans of your heart.
 - 1 scan of your heart shows how much blood your heart gets when it is at rest
 - 1 scan of your heart shows how much blood your heart gets when it is stressed
 - o *If you are unable to lie flat on your back for 20 minutes please notify our office,*
 - The cardiologist will compare the 2 sets of scans to determine if you have normal flow to the heart, if there are changes from previous stress tests or if you need follow up testing.
6. After the first injection of Cardiolite you will wait 45 minutes to an hour for your first set of pictures. You will be asked to drink at least 2 glasses of water while you are waiting. You will be able to use the restroom while waiting.
7. After your first set of pictures you will have your stress test.
 - Your skin will be cleaned and electrodes placed on your chest for the ECG portion of the test.
 - The cardiologist will be in the room to monitor you while you are having the stress test.
 - You will receive another injection of Cardiolite during your test so that we can take a second picture of your heart.
 - You will be asked to walk on the treadmill until we reach an age predicted heart rate or until you are too tired to continue.
 - If you are unable to walk long enough on the treadmill the doctor may want you to have an injection of the Lexiscan, in your IV while you are walking to insure you get a good test.
 - If you are unable to walk on the treadmill, you will lie on a table and be given a medication, Lexiscan, which makes your heart act as if you walked on the treadmill.
 - Lexiscan may cause a brief episode of shortness of breath that lasts only a minute.
 - o *If you are unable to lie flat on your back for 20 minutes please notify our office.*
8. You will have one more set of pictures after your stress test.
 - Your second set of pictures can be started 10 minutes to 4 hours after your stress test. The technologist will let you know when you are to have your 2nd set of pictures.
 - If you have to wait longer than an hour you may get something to eat and drink. After your stress test you are allowed to have caffeine containing products.
 - If you are unable to walk on the treadmill for your test you have to wait a minimum of 45 minutes until your 2nd set of pictures are started.
9. You will be allowed to leave after your 2nd set of pictures.
10. The Cardiologist will read your study.
 - A copy of the report will be sent to your primary care doctor and you will be contacted with your results within 24 hours.

COMMONLY ASKED QUESTIONS

1. Where do I report for my test?
Come right to our office. Please do not arrive before 7:30am
2. Can my family come with me for my test?
Family members are able to accompany you to the office, but they will be asked to wait in the waiting room while you have your test.
3. Do I have to have someone with me?
No, you do not need a family member with you. You will spend a bit of time in the waiting room, so if you would like someone to keep you company that is fine.
4. Will I be able to drive home after the test?
Yes, there are no restrictions following your test.
5. Is there anything I have to do after the test?
No, what is injected is a radioactive material that will decay or be excreted from your body. You do not need to take precautions after the test.
6. I am on Oxygen, will that be a problem?
No problem at all. If your tank runs low, we have back up tanks at our office that you can use.
7. I am diabetic are there any special instructions?
We do ask that you bring something to eat in case you feel your sugar starts running low. There is no need to hold your medication for the test.
8. What if I have other questions?
You can call the office – **Jefferson Office 412-469-7788** or **Shadyside Office 412-924-1100** with any additional questions.