

## NUCLEAR STRESS TESTING

Please be aware that the test you are to have is a comprehensive, multi-part examination that will include two cardiac scans and a stress test. Your stress test will be performed by walking on a treadmill or by receiving a medicine that simulates exercise. The entire test may be performed in one day, unless it is determined that better quality images will be obtained by performing your test in two days.

**If you are unable to make your scheduled appointment, please call our office by 3:00 p.m. the day prior to your test. The isotopes used during the test are purchased and paid for in advance, specifically for you. If you do not show up for your test or follow the following instructions, the isotopes must be discarded at a loss to our office which will result in a charge of \$550.00 to you.**

You can expect the test to take 2.5-3 hours to complete.

- Please call our office prior to your appointment if there is any chance that you are pregnant or are nursing.
- Please arrive at least 15 minutes before your appointment time.
- Wear 2-piece, comfortable clothing without zippers or metal snaps and shoes (preferably slacks and tennis shoes or other closed toe and low heel shoes).
- **DO NOT EAT FOR AT LEAST 4 HOURS** prior to your appointment. If you are diabetic, you may take ½ of your insulin or diabetic medication and have a light meal two hours prior to test.
- **DO NOT EAT OR DRINK ANYTHING CONTAINING CAFFEINE FOR 12-24 HOURS** prior to your test. This includes chocolate, coffee, tea, colas, and decaffeinated products and medications such as Excedrin, Anacin, No-DOz, any multi-vitamins or medications for migraine headaches.
- **IF YOU ARE HAVING A LEXISCAN TEST (Pharmaceutical Stress), DO NOT TAKE** xanthine or asthma medications 24 hours prior to the test including: Aerolate, Imdur, Lufyllin, Marax, Respbid, Slo-bid, Gyrocaps, Theo extended-release tablets, Uni- Dur and Uniphyll. Please bring any inhalers you use to the appointment. Take your other regular medications as directed with water.
- **IF YOU ARE HAVING AN EXERCISE TEST (Treadmill Stress) OR DOBUTAMINE NUCLEAR TEST DO NOT TAKE** the following medications 48 hours prior to your appointment: Carvedilol, Coreg, Atenolol, Labetolol, Toprol XL, Nadalol, Metoprolol, Corgard, Propanalol, Inderal, Bisoprolol, Tenormin, Bystolic, Diltiazem, Cardizem and Ziac.
- Please bring a list of your medications, or your medications, with you on the day of your test.

Friends or family are not permitted to come into the testing area due to our privacy policy. The test results will be communicated to you by your physician within 7-10 business days.