

## **Nuclear Stress Testing**

You are scheduled for a nuclear stress test: This is a 4 hour exam.

Items you need to **HOLD**:

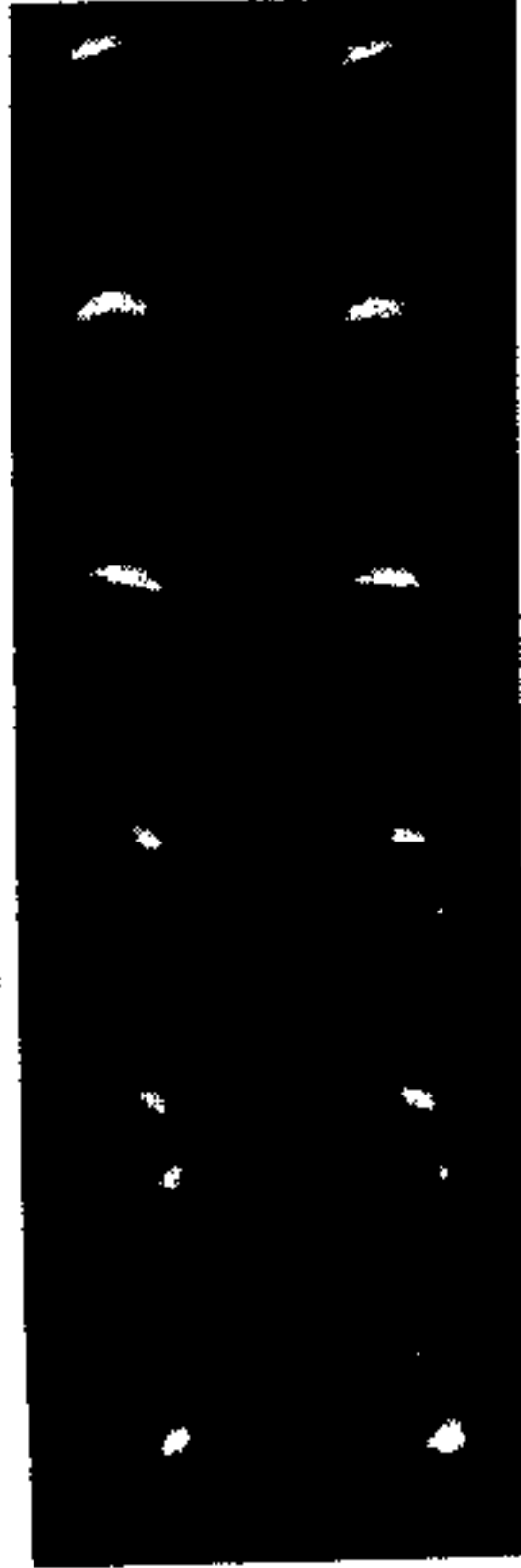
- Caffeine, Smoking, and Alcohol must be stopped 24 hours in advance. This also includes Decaffeinated items. (Decaffeinated= decreased caffeine is not caffeine free)
- This is a fasting test. You may **NOT** have anything to eat or drink after midnight the night before.
- Diabetic patient should **NOT** take any diabetic medications that also includes **NO** night Insulin or morning of the test.
- Patients can take blood pressure and cardiac medication with a tiny sip of water but must hold all other medications.

Please bring the following items with you:

- A sandwich and a drink. Halfway through your test you will be instructed to eat.
- Any medications that you would take that morning or afternoon depending on your appointment time. We do **NOT** advise doubling any dosage without asking the doctor first. (You will be permitted to take these when you eat.)
- A current list of all medications you are taking. (your list should include both dosing(mg, mcg, meq) and daily usage)

## What You Need To Know

Myocardial Perfusion Imaging, also called Nuclear Stress Testing, is used to assess coronary artery disease, or CAD. CAD is the narrowing of arteries to the heart by the build up of fatty materials. CAD may prevent the heart muscle from receiving adequate blood supply during stress or periods of exercise. This frequently results in angina pectoris, which is chest pain. Perfusion imaging usually consists of stress and rest tests. Images are taken of your heart while at rest and after exercising or under stress. This allows your physician to compare blood flow during stress and rest.



## How To Prepare Before Your Test

- Feel free to ask questions before and during your test.
- You should wear comfortable clothes to exercise in. A button down or loose fitting t-shirt is best.
- You should not have anything with caffeine or decaffeinated products for 24 hours before your test. This includes: coffee, sodas, tea, chocolate, and all decaffeinated products.
- Do not take your medication if you are taking Beta Blockers or Calcium Channel Blockers for 24 hours prior to your test.

These are usually Blood Pressure medicines, but if you are unsure, check with the office. Bring all of your medication with you the morning of the exam.

## Partial List of Medications to Withhold:

Acebutolol, Atenolol, Betaxolol, Bisoprolol, Bystolic, Careolo, Labetalol, Lopressor, Metoprolol, Nadolol, Oxprenolol, Penbutolol, Pindolol, Propranolol, Sotalol, Timolol, Amlodipine, Bepridil, Diltiazem, Felodipine, Flunarizine, Isradipine, Nicardipine, Nifedipine, Nimodipine, Verapamil

## What To Expect

- After explaining the test to you and obtaining your consent for the procedure, the technologist will place an IV in your hand or arm. This allows them to give you the necessary injections.
- You will be given the first "resting" injection of the radioactive material. You will not feel any effect from the material. You will be asked to wait in the waiting room for a brief period for the material to circulate through your body.
- You will then be seated on the camera that will detect the injection we gave you. This period is referred to as the "resting" images. Imaging will last approximately 15 minutes. We will ensure that you are comfortable to the best of our ability during the imaging, however, the imaging requires you to be as still as possible.
- Before the exercise portion of the test, small electrodes will be placed on your chest to monitor your heart rate and rhythm during the stress test.
- The exercise will consist of walking on a treadmill. The treadmill will increase

in difficulty the longer you exercise. As you exercise harder and longer, your blood pressure and heart rate will increase - this is normal. You will be monitored throughout the procedure. You will be encouraged to exercise as long as possible to ensure a good study. The second injection of the radioactive material will be given shortly before you stop exercising.

- If you are unable to exercise due to a medical condition, your physician may order a medication that will stimulate exercise-like symptoms.
- After the stress test, you may take your necessary medication. You may be instructed to drink water and eat a snack. This allows for better images after the exercise.
- After the second injection has circulated for the proper amount of time, you will be seated back on the camera for your second set of pictures. The pictures are acquired in the same fashion as the resting images. This time, three electrodes will be left on your chest to acquire a motion picture of your heart. "Stress" imaging is quicker than the resting images.

## The Results

We will have your final results within 48 hours. We will notify you and/or your referring physician with the results in a timely manner.