



# NUCLEAR STRESS TEST INFORMATION

## INSTRUCTIONS

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- Please shower or bathe on the day of the test. Do not apply powder or lotion to your chest, arms and hands.
- Wear loose fitting clothes. Sneakers or walking shoes. No metal under-wire bras. No metal buttons or snaps.
- Please do not eat a heavy meal or smoke at least 4 hours prior to the test.
- No caffeinated or decaffeinated beverages 24 hours prior to the procedure.
- Bring a list of your current medications, doses and frequency. You may be asked to discontinue or alter certain medications prior to the procedure.
- Please bring your insurance cards and any referral forms with you.
- If you are diabetic, contact your doctor for instructions regarding diet and medications before your procedure.

## TEST PROCEDURE

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- You will be asked to read and sign a consent form. Feel free to ask questions at any time.
- An intravenous (IV) line will be started in your arm by the Nuclear Technologist. You will then be injected with a radioactive isotope. The isotope allows us to obtain pictures of the heart.
- 30-60 minutes after the injection, pictures will be taken (approximately 25 min).
- You will be prepped for the stress test and EKG leads applied.
- During the stress test, your blood pressure and heart rate will be monitored real closely. A second injection will be given toward the end of exercise.
- A second set of pictures will be taken (approximately another 20 min).

**AVERAGE TEST TIME IS 4-5 HOURS**



## FOR NUCLEAR SCAN **DO NOT TAKE:**

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- Metoprolol/Toprol/Lopressor
- Atenolol/Tenormin/Tenoretic
- Core/Carvedilol
- Propranolol/Inderal/Pindolol/Inderide
- Bisoprolol/Zebeta/Monacor/Ziac
- Nadolol/Corgard
- Labetalol/Trandate/Normodyne
- Acebutolol/Sectral/Monitan
- Timolol/Timolide
- Cardizem/Diltiazem
- Penbutolol
- Cartia/Diltia
- Verapamil/Calan/Verelan/Covera/Tarka
- Nifedical
- Bystolic
- Diabetic Medications: ½ dose night before
- Insulin: ½ dose night before

→ No diabetic medication the day of the test