**SRIDHAR CHATRATHI, MD, FACC, FSCAI, FACP**

301-220-2220

Patient name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Appointment:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NUCLEAR STRESS TEST INSTRUCTIONS

1. Promptness is necessary.
2. Please bathe or shower the morning of your test. This is necessary to reduce the chance of infection. Dirt may enter your blood stream when the IV line is started. Alcohol does not remove everything.
3. You cannot have any food or drink after midnight the night before. WE ENCOURAGE YOU TO DRINK WATER, ONLY WATER
4. Please wear comfortable loose fitting clothing. Preferably a short sleeve shirt. **Tennis shoes or equivalent** **walking shoes are necessary**. Please **DO NOT** wear sandals to exercise in. They are not safe to use on the treadmill.
5. Bring a snack and a bottle of water.

PLEASE TAKE ALL YOUR MEDICATIONS WITH A SMALL SIP OF WATER, UNLESS INSTRUCTED OTHERWISE.

DIABETIC PATIENTS SHOULD CALL THE OFFICE FOR INSTRUCTIONS ON TAKING YOUR MEDICATIONS.

**THIS TEST TAKES APPROXIMATELY 4 TO 4 ½ HOURS**

**\*\*Please call and confirm your appointment by noon (12pm) the day before the test. YOU WILL BE CHARGED for the cost of the Isotope dose if adequate cancellation notice is not given. \*\* If we do not have Verbal confirmation that you will be able to make your appointment, we will not order the dose, and will have to reschedule.**

**Please call by 12pm the day before if you need to cancel or reschedule your appointment, to avoid being charged the $200 dollar fee.**

**Sign: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Procedure:** The Cardiolite Exercise test consists of 3 parts. The first part is an injection of the isotope Cardiolite through the IV line. Forty five minutes later you will have your first resting scans under the Gamma camera. This will take pictures of your heart. The second part of your cardiolite test will be to exercise on a motor driven treadmill to a predetermined level of exercise while your blood pressure and electrocardiogram are monitored. At the peak of your exercise level you will be given a second injection of the cardiolite. The third and final part of the test is to have a second set of pictures taken.

**THE MEDICATIONS LISTED BELOW SHOULD NOT BE TAKEN THE DAY BEFORE OR THE DAY OF THE TEST, UNLESS OTHERWISE ADVISED BY YOUR PHYSICIAN.**

Atenolol Levatol (Phenbutolol)

Beta place (Sotolol) Lopressor (Metoprolol Tartrate)

Blocarden (Timolol Meleate) Sectral (Acebutolol HCL)

Cartol (Carteolol HCL) Tenormin/ Tenoretic

Corgard/ Corzide (Nadolol) Timolide (Timolol HCL)

Coreg (Carvedilol) Toprol (Metoprolol)

Inderal/Inderide (Propanolol) Visken (Pindolol)

Kerlone (Betxolol HCL) Zebeta (Biscoprolol Fumarate)

Cabetolol Ziac (Bisoprolol Fumarate HCL)

Lebatolol Nadolol

Propanolol

**THE MEDICATIONS LISTED BELOW SHOULD NOT BE TAKEN ON THE DAY OF THE TEST, UNLESS OTHERWISE ADVISED BY YOUR PHYSICIAN.**

Calan (Verapamil HCL) Cardiazem (Diltiazem)

Dilacor (Diltiazem) Isoptin (Verapamil HCL)

Veralan (Verapamil)

All medications listed should be continued, as prescribed, after testing. All other medications are OK to take the day of testing. Please feel free to contact our office with any questions.

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**\*\* Please Note:. Failure to provide notice will result in the patient being charged for the cost ($200) of the nuclear isotopes purchased by the office for their test.\*\***