

TEST DATE

TEST TIME

PATIENT INSTRUCTIONS – CARDIAC STRESS TEST

A cardiac stress test will allow your physician to evaluate blood flow to the heart muscle, identify blocked coronary arteries or any previous heart damage.

TEST DAY INSTRUCTIONS

Bring all your medications or a list of them with you.

- ❖ No caffeine 12 hours prior to the test. This includes chocolate, coffee, tea or any other dark colored drink whether it states caffeine free or decaffeinated.
- ❖ BE SURE TO TAKE ONLY THE MEDICINES THAT THE STAFF TELLS YOU THAT YOU CAN TAKE BEFORE COMING IN FOR THIS TEST!!!!
- ❖ No smoking for 12 hours prior to test. Smoking causes your veins to constrict.
- ❖ You can eat the day of your test but only approved foods and no more than 1 hour before your test.
- ❖ If you are DIABETIC, eat if you take your medicine and if your sugar drops easily. Please bring a snack with you in case your sugar drops during the test.
- ❖ Drink 24 ounces of water, plain milk, juice or SPRITE only before you come in. It is important that you are well hydrated!! If you are a renal patient, please follow your recommended fluid allowance.
- ❖ Wear a shirt or blouse that opens in the front and that does not have metal buttons on it. Wear comfortable walking shoes.
- ❖ **Ladies – no full slips or full dress!!**
- ❖ **Do not take the following medications:** _____

(This will be filled in **only** if there is a medication you are not to take).

Upon arrival to our office, an IV line will be placed in your arm. You will be given an injection of an isotope that will allow your heart to be seen with the nuclear medicine camera. After a period of time you will be placed on the camera and have the images of your heart taken. Next you will be taken to the stress room where you will have a heart monitor placed on your chest. You will then walk on the treadmill. If you are able to get your heart rate up, you will be given another injection of an isotope to make your heart show up at stress. If you are unable to walk on a treadmill, you will be given an injection of a pharmaceutical that will stress your heart and another injection of the isotope to make your heart show up at stress. After a period of time, you will be placed back on the camera for your last set of heart images. The entire test will take between 3 to 4 hours.

J. BARTON WILLIAMS, M.D., P. C.

PLEASE GIVE 24 WORKING HOURS (example Monday –Friday 8am to 5pm if your test is on Monday call on Friday before your test) NOTICE OF CANCELLATION @ 241-0050.
IF YOU FAIL TO GIVE PROPER CANCELLATION NOTICE, YOU WILL BE BILLED \$175.00 FOR THE COST OF THE ISOTOPES THAT WE HAVE TO ORDER FOR YOUR TEST!

If you should have questions concerning this test, please call and ask for James or one of the nurses at the above number.

Patient's signature _____