

# Premier Cardiovascular Institute

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## **EXERCISE NUCLEAR STRESS TEST**

**Patient name:**\_\_\_\_\_ **Appointment time:**\_\_\_\_\_

**YOU WILL NEED TO CONTACT THE OFFICE THE DAY BEFORE YOUR PROCEDURE BY 2:00PM AND SPEAK WITH SUZANNE TO CONFIRM YOUR APPOINTMENT. THE TECHNICIAN WILL GO OVER ALL YOUR INSTRUCTIONS FOR YOUR TESTING. IF YOU DO NOT CONTACT THE OFFICE YOUR APPOINTMENT WILL BE CANCELLED.**

**(773) 352-8881**

1. Your testing will be done here in our office.
2. No caffeine the morning of your test. This includes coffee, tea, soda, chocolate, or anything that states it is "caffeine free". Please also check before taking a diet medication or medication for headaches.
3. **You MUST be fasting fours (4) hours prior to testing.** You may take medication with minimal amount of water.
4. **IT IS IMPORTATANT THAT YOU ARRIVE ON TIME FOR YOUR TESTING.** Due to the nature of the test your medication is calibrated for the time of your appointment.

**\*\*PLEASE NOTIFY OUR OFFICE 24 HOURS IN ADVANCE**

**IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT TO AVOID BEING CHARGED FOR DOSE.**

5. Please note that some patients may be asked to do a two day study due to their height and weight.
6. Wear comfortable clothing and rubber sole shoes. No metal on shirt and for women no underwire bra.
7. If you think you are pregnant or if you are breast feeding, please tell your doctor Immediately.
8. **Please plan on being in our office for 4-5 hours.** There are three parts to your testing.
  - a. Part One: A temporary IV will be started on your arrival. You will be given an injection of a radioactive tracer called Cardiolite. You will have a period of at least an hour once this is done.
  - b. Part two: You will have a set of pictures of your heart taken. During this time you must remain completely still while you sit in a chair that rotates around the camera. Once your pictures are complete you will do the exercise part of the test. You will be asked to walk on a treadmill until you meet your target heart rate. (If you are unable to walk on the treadmill your test will differ.)
  - c. Part three: During the final stage of your stress test you will be given a second injection of the radioactive tracer and your temporary IV will be removed after the treadmill portion is complete. You will have another waiting period of at least an hour and you will be able to leave and get something to eat and drink. At the end of this waiting period you will take a second set of pictures of your heart. During his time you must remain completely still while you sit in a chair that rotates around the camera.
9. This test will allow the doctors to determine if there is a possibility of a Blockage to the arteries of the heart. The doctors will be comparing the amount of blood flowing through the heart muscle during the stress and rest images.
10. If you have any questions or concerns regarding your testing please contact our office immediately.

***PLEASE INFORM US OF THE FOLLOWING:***

If you are taking a class of medication called beta blockers, **THEY MUST BE STOPPED 24 HOURS PRIOR TO YOUR TESTING.** Please refer to the list below:

**NAME**

Betapace  
Blocadren  
Cartol  
Coreg  
Coargard or Carzide  
Inderal or Inderide  
Kerlone  
Levatol  
Lopressor  
Normodyne  
Sectral  
Tenormin or Tenoretic  
Timolide  
Toprol  
Trandate  
Visken  
Zebeta or Ziac

**GENERIC NAME**

Sotalol  
Timolol  
Carteolol  
Carvedilol  
Nadolol  
Propranolol  
Betaxolol  
Penbutolol  
Metoprolol  
Labetalol  
Acebutolol  
Atenolol  
Timolol  
Metoprolol  
Labetolol  
Pindolol  
Brisoprolol

**If you are taking Theophylline or any other asthma or emphysema medication, please contact our office as it may need to be discontinued 48 hours prior to testing.**

**All other medication should be taken as normal. If you are unsure of your medications please call us to verify if you should take the medication.**

**FAILURE TO FOLLOW THESE INSTRUCTIONS WILL RESULT IN YOU APPOINTMENT BEING  
RESCHEDULED.**