



Cape Cardiology

INSTRUCTIONS FOR YOUR UPCOMING NUCLEAR STRESS TEST

Background:

A nuclear stress test lets doctors see pictures of your heart while you are resting and shortly after you have exercised. The test can give information about the size of the heart's chambers, how well the heart is pumping blood, and whether the heart has any damaged or dead muscle. Nuclear stress tests can also give doctors information about your arteries and whether they might be narrowed or blocked because of coronary artery disease.

1. Average time for the entire nuclear stress test is about 4 hours.
2. An intravenous line will be started for this test.
3. Bring a snack with you to eat at the designated time.
4. Wear (or bring) loose clothes and walking shoes. Females, please bring in short sleeve t-shirt if you will be wearing a sweater or long sleeve shirt. You will be asked to remove your bra for the imaging portion of the test.
5. The lab has to stay cool for the equipment. You may want to bring a jacket or sweater.
6. **ON THE MORNING OF THE TEST:**
Please fast for 4 hours before test unless you are diabetic. You may have small sips of water with medications.
7. **24 HOURS BEFORE YOUR EXAM TIME DO NOT CONSUME....**
 - ANY PRODUCTS CONTAINING CAFFEINE (NOT EVEN DECAFFEINATED)
 - ANY PRODUCTS CONTAINING CHOCOLATE
 - ANY PRODUCTS CONTAINING GUARANA (natural stimulant)
 - MOST MIGRAINE MEDICATIONS (It's ok to take aspirin, acetaminophen, ibuprofen or naproxen that have no caffeine added to it)
8. **IF YOU ARE TAKING INSULIN:** Do NOT adjust your regular schedule. Try to eat and drink as you usually would, however, please note instructions in item 7.
9. **DO TAKE THE FOLLOWING MEDICATIONS 24 HOURS BEFORE YOUR EXAM TIME, UNLESS TOLD OTHERWISE:**
 - Beta Blockers
 - Calcium Channel Blockers
 - Vasodilators
 - Erectile Dysfunction medications

(If you're not sure whether your medications fall under one of these descriptions, please call the office. There is contact information provided at the bottom of this instruction sheet.)

PLEASE DON'T STOP MEDICATIONS SIMPLY BECAUSE YOU'RE NOT SURE WHICH ONES MAY BE A PROBLEM.

10. Please bring your Medication in their original bottles that you were asked to hold for the test, as well as any breathing medications (Inhalers, etc.) (see line 9)

11. Try to drink at LEAST 32 oz. of water the day before your exam AND at least 8 oz. the hour before you arrive for your test.
12. If you need to change or cancel your appointment please call the office at least 24 hours prior to your exam time. The medicine we use is ordered specifically for you and cannot be returned. If you do not show or cancel with little notice, you may be billed the cost of the medication (\$370).
13. The weight limit on our camera is 300 pounds. If your weight exceeds this, please contact our office so other arrangements can be made.
14. If you are pregnant, trying to become pregnant or nursing, please contact the Nuclear Medicine Technologist at extension 831. We do not normally perform this test during these circumstances.

If you are unsure about any of these instructions, please call our office at (508) 876-3777.

Someone will return your call in a timely manner.