

NUCLEAR STRESS TEST PATIENT INSTRUCTIONS



A nuclear stress test uses radioactive dye and an imaging machine to create pictures showing the blood flow to your heart. The test compares the blood flow of your heart while you are at rest and exercise. Areas with poor blood flow or damage to your heart can be suggested by the test.

What to do the Day Before the Test

1. **Drink plenty of fluids.** Unless you are a "fluid restriction", please drink at least ½ gallon.
2. **Avoid Caffeine** (Coffee, soda pop, tea, energy drinks, chocolate, and medicines such as migraine medications). **NO Caffeine for 12 hours prior to the test.**
3. Stop eating at Midnight before your test. You may drink water until 4 A.M.
4. Pack a snack to bring with you the day of test.
5. Please know that the test can take 4-6 hours to complete.

The Morning of the Test

1. Please arrive on time to the office and bring your insurance card with you.
2. **Wear Comfortable clothes including comfortable walking shoes. We suggest a loose-fitting T-shirt and pants with tennis shoes. This is for either type of stress test (Medication or Treadmill).**
3. Do not eat the morning of the test or drink anything with caffeine in it. Bring a snack with you.
4. The test has 3 parts and it takes 4-6 hours to complete.
5. Bring your medications with you. You can take them AFTER the 2nd part of the test is complete.

What to expect During the Test

1. **An IV will be started in your hand or arm.**
2. A radioactive tracer will be injected and will circulate for ~30 minutes.
3. After the tracer has circulated, you will lay flat under a camera for about 20 minutes while the "RESTING" pictures will be taken of your heart. Your arms will be raised over your head.
4. You will then undergo the "STRESS" portion of the test. Either a Medication called LEXISCAN will be used to increase the blood flow to your heart or you will walk on the treadmill.
5. At your Peak Exercise point or during the Lexiscan, an additional dose of radioactive tracer will be injected. This will need to circulate for at least one hour after the "Stress" portion of the test is completed. (Normally, you will walk ~10 minutes on the treadmill.)
6. You may eat at this point in the testing process and have caffeine.
7. A second set of pictures will be taken at this point. These images usually take about 20 minutes. Your test will then be complete.
8. Your provider will discuss the results of your test at your next office visit.

I have read and understand the instructions for this stress test. I understand Buckeye Heart & Vascular purchases the nuclear radioactive tracer one day before my test. This tracer is very time sensitive and is no longer usable after the day of my test. I understand if I fail to properly prepare my test, do not show up at the scheduled time, and/or fail to cancel 24 hours prior to my test, I will be charged a \$200 fee.

X

Patient's Name / Date

X

Witness

ARRIVAL TIME _____

ARRIVAL DATE _____