

NUCLEAR STRESS TEST

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IMPORTANT:

If you are not able to keep your appointment you **MUST** call at least 24 hours in advance to cancel your appointment since we need to preorder your medication the day before the test. Otherwise, you will be charged \$125 dollars to cover the cost of medication that cannot be reused on another patient.

YOUR STRESS TEST:

DATE: _____

TIME: _____

PREPARATION FOR THE TEST

- Nothing to eat or drink after midnight except water.
- If you take a beta-blocker, hold it on the morning of the test. (Beta-blockers include: toprol, metoprolol, atenolol, inderal, lopressor, pindolol, coreg etc.)
- Hold medication that contains persantine such as Aggrenox.
- If you use inhalers for breathing please bring inhaler with you to appointment.
- Wear comfortable clothing and shoes, as you will be walking on a treadmill, if able. For women, a loose or button-front top and pants is preferable. No dresses please.
- If you are diabetic, please do not take diabetes medications and make sure to bring small snacks with you.
- If you are breastfeeding, pregnant or think you might be, inform us immediately.

THE DAY OF THE TEST

- When you first arrive an intravenous access will be inserted.
- The first set of images will be taken.
- You will then walk on the treadmill.
- The radioactive tracer that visualizes the heart will be injected before and during the stress test
- If you are unable to walk on the treadmill, a chemical stress test will be performed.
- You will return one hour later, and a second set of images will be performed.

Each set of images takes about 25 minutes.

- The complete test will take approximately 4-5 hours
- Diet: In between the two portions of the test, you may eat but you may not have any products containing caffeine. Even decaf products still contain some caffeine.



PRINT NAME: _____

SIGN: _____

DATE: _____