

SanTan

CARDIOVASCULAR
CENTER

PREPARATION FOR YOUR NUCLEAR STRESS TEST

Allow 3-5 hours to complete test

1. **NO CAFFEINE** for 24 hours prior to your test. This includes ALL coffee, tea & cola products (even decaf and caffeine free), as well as all chocolate products. This could cause inaccurate test results.
2. Do not eat 4 hours prior to your test.
3. Drink lots of water the day before and the day of your test.
4. Do **NOT** stop any medications, unless directed by the office.
5. If you take any medications containing Theophylline (for Asthma, COPD), please stop for 48 hours prior to your test. These include: Theo-24, Theo-dur, Theoclear, Lixophylline, Primatene, Quibron, Theolair, Theo-Organidin, Slo-bid, Theo-Sav, Slo-phyllin, Theostat, TheoX, Trental, Pentoxycylline.
6. You may bring a snack to eat after the stress portion of the test is completed.
7. Wear a 2 piece outfit. (No dresses). Do not wear shirts with metal decorations or metal snaps. This will interfere with the imaging.
8. If you are scheduled to walk on a treadmill, wear tennis shoes. For your safety, sandals, boots or bare feet will not be allowed on the treadmill.
9. Do not apply oils, lotions or powders to your skin on the day of your test. Deodorant is allowed.

WHAT TO EXPECT

1. Plan to be at the office 3-5 hours.
2. An IV will be started in your arm or hand. A "Nuclear Tracer" (not a dye/contrast) will be injected into the IV. You will then have a waiting period, around 45 minutes, for the tracer to do its job.
3. You will then be scanned under the nuclear medicine camera (called a "Gamma Camera"). This special camera takes pictures of the tracer that has attached to your heart muscle to make it "visible". This will take around 15-30 minutes. This scan is called the "resting" phase.
4. After the first scan, you will have the stress portion of the test. You will either walk briskly on a treadmill or be given a medication in your IV to make your heart speed up. Once your heart is "stressed", more nuclear tracer will be injected into your IV and then you will have another 45 minute waiting period.
5. At this point you may eat the snack you brought with you.
6. You will be scanned a second time under the gamma camera. The Physician will compare these "stress" pictures with the first set of "resting" pictures.
7. You will be given a separate appointment, for 1-2 weeks later, to discuss your test results with your provider.

If you are planning on flying/traveling in the next 48 hours, please let us know. The nuclear tracer can sometimes set off the radiation alarms. We will give you a letter indicating you had the procedure. The nuclear tracer will be completely out of your system within 60 hours.

ALL FEMALE PATIENTS

If you are pregnant or breastfeeding we cannot proceed with this test. If you think you may be pregnant, we cannot proceed with this test until a pregnancy test is confirmed negative from your primary care provider is done.

******* IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, PLEASE NOTIFY US 24 HOURS IN ADVANCE. FAILURE TO DO SO WILL RESULT IN A \$100 CHARGE TO YOUR ACCOUNT THAT IS NOT BILLABLE TO YOUR INSURANCE. The nuclear tracer is ordered specifically for you and will be wasted if you cancel. * Call the office at (480) 632-1577 if you need to reschedule.**

Patient Signature: _____ Date: _____

Patient Name: _____

Instructed By: _____