
Patient Instruction

Nuclear Perfusion Stress Test

Our camera used for Nuclear Stress testing can accommodate up to 400 lbs. On rare occasions, we are not able to image some body types if the camera cannot move freely around the patient. Our Nuclear lab is located on our lower level. **Patients will be required to walk up and down stairs in order to get to the Nuclear lab.**

Please follow these instructions to ensure a high quality nuclear stress test:

1. Please shower or bathe the day of the test. Do not apply lotion/powder to your chest.
2. Wear loose fitting slacks or shorts with a button down/loose fitting top (**NO METAL SNAPS, BUTTONS, ZIPPERS, ETC**) from the waist up, a comfortable bra, sneakers or walking shoes.
3. NPO (nothing by mouth) 3 hours prior to test.
4. Do NOT drink coffee/tea (caffeinated or decaffeinated), alcohol and no smoking after midnight prior to the procedure.
5. Bring something to read, such as a book or newspaper.
6. If you have HMO insurance, your referral needs to be current. Some insurance companies require precertification for nuclear stress testing. Please check with the receptionist. If a physician from out practice orders the stress test, our staff will handle the precertification. If stress testing has been ordered by your family physician or other specialist, the ordering office is responsible for precertification. We require precertification to be in place prior to scheduling.
7. It is recommended that calcium channel blocking drugs and beta-blocking drugs that may alter the heart rate and blood pressure response to exercise be withheld for 12 hours

Beta Blockers

<u>Generic Name</u>	<u>Trade Name</u>
Atenolol	Tenormin
Betaxolol	Kerlone
Bisoprolol	Zebeta
Carvedilol	Coreg
Esmolol	Brevibloc
Labetolol	Normodyne
Metoprolol	Lopressor
Pindolol	Visken
Propranolol	Inderal
Sotalol	Betapace
Timolol	Blocadren

Calcium Channel Blockers

Generic Name	Trade Name
Amiodipine	Norvasc
Diltiazem	Cardizem, Dilicor, Tiazac
Bepridil	Bedapin, Vascor
Felodipine	Plendil
Isradipine	DynaCirc
Nicardipine	Cardene
Nifedipine	Adalat, Procardia
Nimodipine	Nimotop
Nisoldipine	Sular
Verapamil	Calan, Covera, Isoptin, Verlan

Testing procedure:

1. The technologist will explain the test, ask you some questions and have you sign consent form.
2. An intravenous (IV) line will be started in your arm by the nuclear technologist. A radioactive isotope will be injected into your IV and after a 45 minute waiting period images of your heart will be obtained.
3. To prepare you for the next part, your chest will be cleansed, the skin will be lightly abraded and EKG electrodes will be applied.
4. A physician will be present in the building and a physician's assistant will be with you during the exercise portion of the test. You will be walking briskly on a treadmill. Your blood pressure and heart rhythm will be monitored closely. At the end of the exercise portion another injection of isotope will be administered.
5. A final set of images will be obtained and your IV will be removed.
6. Expect to be here approximately 4 hours. The amount of time to complete this test can vary with each patient.

*****If you cannot keep your appointment, you must cancel 48 hours prior to your scheduled appointment day. Failure to do so will result in a \$110.00 charge. Please cancel no later than 4:00pm the Friday prior to your test if it is scheduled on a Monday.**