West Chester Cardiology

www.westchestercardiology.com

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PATIENT INSTRUCTION
NUCLEAR PERSANTINE 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) 4 hours prior to test.

4. Do NOT drink coffee/tea (caffeinated or decaffeinated), alcohol and no smoking after midnight prior to the procedure.

5. You may bring a small snack.

6. Bring something to read, such as a book or newspaper.

7. If you have HMO insurance, your referral needs to be current. Some insurance companies require prior precertification for nuclear stress testing. Please check with the receptionist. If a physician from our practice orders the stress test, our staff will handle the precertification. If the test is ordered by your family physician or other specialist, the ordering office is responsible for obtaining precertification. We require a precertification to be in place prior to scheduling a nuclear stress test.

8. **PLEASE CHECK YOUR MEDICATIONS ON THE NEXT PAGE.**

Testing procedure:

1. The technologist will explain the test, ask you some questions and have you sign a 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 present during the stress portion of the test. You will be given Persantine (dipyridamole) that will cause your blood vessels to dilate. Side effects of the Persantine (dipyridamole) will be discussed before the start of the test. Your blood pressure and heart rate will be monitored closely. At the end of 7 minutes, another injection of isotope is given.

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.**

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PREPARATION INFORMATION FOR
DIPYRIDAMOLE (PERSANTINE) NUCLEAR STRESS TEST

Methylxanthines, such as aminophylline, Persantine (Dipyridamole), Theodur, Theophylline, Uniphyl, Aggrenox, caffeine or theobromine block the effect of dipyridamole and should be held for at least 12 hours prior to the test.

If you are taking Trental, please discontinue 48 hours prior to the day of your test.

Beverages Containing Caffeine	
Coffee	Pepsi
Instant coffee	Diet Pepsi
Decaffeinated coffee	Regular colas
Brewed tea	Caffeine free" cola
Iced Tea	Dr. Pepper
Instant tea	Mr Pibb
Coca-Cola	Mellow Yellow
Diet Coke	Mountain Dew
Tab	Cocoa
Foods Containing Caffeine	
Chocolate Candy	Chocolate coated Candy
Baking chocolates	Chocolate cake
Chocolate pudding	Chocolate milk
Brownies	
Prescription Drugs with Caffeine	
Cafergot	Esgic
Fioricet	Fiorinal
Norgesic	Synalgos
Wigraine	
Drugs Containing Theophylline	
Aeorlate	Tedral
Constant – T	Theo-24
Elixophylline	Theoclear
Primatene	Theo-dur
Quibron	Theolair
Respbid	Theo-Organidin
Slo-bid	Theo-Sav
Slo-phylline	Theostat
T-PHYL	TheoX
OTC Drugs Containing Caffeine	
Anacin	Excedrin
No Doz	
Drugs Containing Dipyridamole	
Aggrenox	Persantine