



Instructions for your upcoming Nuclear Stress Test

Date of test _____

Time of test _____

Please note: The medication that's administered to you at your Nuclear Stress test is \$250. The medication is ordered in advance because of its personalized dosing specific to each patient. It cannot be recycled for another patient and must be discarded if not administered at the scheduled time of your appointment. Patients are required to give our office 24 hour notice (business days) when cancelling an appointment. **The \$250 cost of the medication will be incurred by the patient if not used. **

Myocardial Perfusion Imaging, also called **Nuclear Stress Testing**, is used to assess coronary artery disease, or CAD. CAD is the narrowing of arteries to the heart by the buildup of fatty materials. CAD may prevent the heart muscle from receiving adequate blood supply during stress or periods of exercise. This frequently results in chest pain which is called angina pectoris. Perfusion imaging usually consists of stress and rest tests. Images are taken of your heart while at rest and after exercising or under stress. This allows your physician to compare blood flow during stress and rest.

- **Appointments are typically 2.5-3 hours long.**
- 1. **NO Caffeine** or chocolate 24 hours before your test (**this includes Decaf**)
- 2. **NO Calcium Channel Blockers or Beta Blockers** 24 hours before your test. If you have any questions regarding which medications these are, please call our office.
- 3. Drink 32 OZ of water the day before your test.
- 4. Nothing to eat 4 hours prior to your test that day. Unless you are a diabetic, then you may eat. You are encouraged to drink water and stay well hydrated.
- 5. Wear comfy shoes for the treadmill.
- 6. Bring a snack
- 7. Bring a small bottle of a clear carbonated caffeine free drink (Sprite, Ginger Ale, 7UP, diet if you are a diabetic) or seltzer water, tonic water.
- 8. Electrodes will be applied to your chest, for best results please keep skin free of any lotions, powders or oils.

** Our Medical Assistants will call **2 days prior to your test** to go over these instructions and your medication list! Please call the office if you have any questions. **