



Instructions for your upcoming Nuclear Stress Test

Date of test _____

Time of test _____

Please note: The medication that is administered to you at your Nuclear Stress test costs \$250.00. This medication is ordered in advance because of its personalized dosing which is 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 a 24 hour notice (business days) when canceling an appointment. **The \$250.00 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 (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 images. 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.

- Nuclear Stress Testing usually takes 2 ½ - 3 hours.
- **NO caffeine or chocolate** 24 hours before your test (this includes decaf)
- **NO Calcium Channel Blockers or Beta Blockers** 24 hours before your test. If you have any questions regarding these medications, please call our office.
- Drink 32 ounces of water the day before your test.
- Nothing to eat 4 hours prior to your test unless you are diabetic and then you may eat. You are encouraged to drink water and stay well hydrated.
- **Wear sneakers for the treadmill and comfortable clothes, including a short sleeved shirt.** We will be inserting an IV.
- Bring a snack.
- Bring a small bottle of a clear, carbonated caffeine-free drink, such as Sprite, Ginger Ale, 7UP (diet if you are diabetic), seltzer water or tonic water.
- 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 you **2 days prior to your test** to go over these instructions and your medication list with you. Please call our office if you have any questions.**