



Nuclear Exercise Stress Test

Your doctor has ordered nuclear stress for you to better determine the function of blood flow in and around your heart. It is a nuclear medicine imaging technique in which pictures of the heart are taken after an injection of a radioisotope. This test uses a combination of treadmill exercise and nuclear isotope camera images.

The first step is the placement of an IV and a radioisotope is administered. There is approximately a one-hour wait to allow the isotope to circulate. You will then be placed on the camera bed, and a baseline set of pictures will be taken. The camera will slowly circle around you, taking pictures as it moves. At this point, you will have EKG electrodes placed on your chest, so many find it **helpful to wear a loose fitting top. Please DO NOT wear any ONE PIECE clothing (NO dresses, suspenders or overalls.)**

You will then be asked to begin walking on the treadmill, and the EKG will be monitored. Depending on your heart rate, the pace and/or incline of the treadmill will increase to help you reach your target heart rate. Once your target heart rate is reached, you will receive a second dose of the radioisotope through your IV. You continue to walk for one more minute, then slowly come to a complete stop, and the exercise portion of the test is concluded.

At this point, you are allowed to eat and drink. Following an additional approximate one-hour wait, you will return to the camera and a final set of pictures will be taken. Once these are complete, the IV will be removed, and you are finished. The entire test may take up to four hours.

You should hear from our office with your test results within a week to ten days.

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY TO AVOID ANY DELAY IN YOUR TEST:

1. No caffeine is allowed 24 hours prior to the test. This includes coffee (even decaf), tea, colas, chocolate and over-the-counter medications that contain caffeine (ex: Excedrin).
2. No solid food 4 hours prior to your appointment time, but drink plenty of fluids.
3. **Bring a light snack with you, including a beverage.**
4. Wear comfortable clothing and athletic shoes as you will be walking and/or running on treadmill.
5. Take all of your prescribed medications as usual *WITH THE FOLLOWING EXCEPTIONS*, but bring them with you to the test:

24 hours prior (Unless otherwise instructed by your physician):

NO ATENOLOL (TENORMIN)
NO BISOPROLOL (BYSTOLIC)
NO CARVEDILOL (COREG)
NO LABETOLOL (TRANDATE)
NO METOPROLOL (LOPRESSOR, TOPROL, TOPROL XL)
NO PROPANOLOL (INDERAL)
NO SOTALOL (BETAPACE)
NO ISOSORBIDE (IMDUR)
NO FIORICET OR OTHER MIGRAINE MEDICATION
NO VIAGRA OR OTHER ED MEDICATION

48 hours prior:

NO AGGRENOX
NO DIPYRIDAMOLE
NO PERSANTINE
NO THEOPHYLLINE

You will receive a call from the Stress team the day before your scheduled test as a reminder of your appointment time, to discuss instructions again, and to answer any questions. If you have any concerns, please call the office as soon as possible, and if you need to cancel or reschedule your test, it must be done at least 24 hours in advance to avoid a missed appointment fee.

*******IF YOU ARE UNABLE TO MAKE YOUR SCHEDULED APPOINTMENT AND DO NOT CANCEL WITHIN 24HRS, YOU WILL BE CHARGED A FEE OF \$100*******



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