



Nuclear Chemical 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 medication 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 receive a medication designed to dilate your blood vessels, increasing blood flow within your arteries. The medication only lasts for four minutes, during which time you may feel side effects such as shortness of breath, pressure in your head, chest or stomach, or a flushing feeling. These effects are generally short-lived, and usually resolve themselves within the same four-minute time frame. A second dose of radioisotope will then be administered.

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. Take all of your prescribed medications as usual **WITH THE FOLLOWING EXCEPTIONS**, but bring them with you to the test:

48 hours prior:

NO AGGRENOX
NO DIPYRIDAMOLE
NO PERSANTINE
NO THEOPHYLLINE

24 hours prior unless otherwise instructed by your physician:

NO ISOSORBIDE (IDMUR)
NO FIORICET
NO VIAGRA OR OTHER ED MEDICATIONS

*******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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