



YOUR TEST IS SCHEDULED ON _____ AT _____ AM/PM

**NUCLEAR STRESS TEST
PATIENT INSTRUCTIONS
(Lexiscan, Dobutamine, or Treadmill Cardioloite)**

What is a Nuclear Stress Test?

A nuclear stress test is an exam that provides information of the coronary blood flow to the heart muscles. This test was ordered to observe that the heart muscles are receiving the blood supply it needs. An IV will be started to allow for two injections of nuclear isotope to allow for imaging under a gamma camera. The radiation received is equivalent to two chest x-rays. Images are acquired after an initial injection while your heart is in a resting state and again after your stress test. If you are unable to exercise, you may be given a medication that mimics exercise.

*******A PREPARATION OF MEDICATIONS IS REQUIRED FOR A YOUR SPECIFIC TEST. THESE MEDICATIONS ARE ORDERED IN YOUR BEHALF 24 HOURS BEFORE YOUR EXAM. A 24 HOUR CANCELLATION IS REQUIRED TO AVOID A CHARGE OF \$200.00 FOR YOUR MEDICATIONS (INSURANCE WILL NOT COVER THIS COST)*******

Patient Name: _____ Date of Birth: _____ Age: _____

Sex: Male Female Height: _____ Weight: _____

Primary Care / Referring Physician _____

Cardiologist: _____

If Female:

Bra Size: _____ Do You Have Breast Implants? ___ Yes ___ No

Are You Pregnant? ___ Yes ___ No Are You Breast Feeding? ___ Yes ___ No

Patient History: (Circle All That Apply)

Surgical Clearance

Family History of Heart Disease

Bypass Surgery

Congestive Heart Failure/Coronary Artery Disease

Stents

Asthma/COPD/Emphysema

Previous Heart Attack

High Cholesterol

Diabetes

High Blood Pressure

Patient Symptoms: (Circle All That Apply)

Chest Pain

Short of Breath

Palpitations

Dizziness

Fatigue

Fainting



*******PLEASE FOLLOW ALL YOUR INSTRUCTIONS TO AVOID RESCHEDULING*******

TWO DAYS BEFORE YOUR TEST:

A technician will contact you to confirm your appointment. He or she will give you instructions regarding your medications and answer any questions you may have. If your test is scheduled for the following day and we have not yet contacted you, please call the testing department for your instructions.

Biltmore Cardiology in Phoenix:	602.952.0002
Biltmore Cardiology in Casa Grande:	520-381-8850

24 HOURS BEFORE YOUR TEST:

- ♥ **NO CAFFEINE 24 hours prior to your test of any kind!!!! This includes coffee, tea, sodas, chocolate, Excedrine, Anacin, decaf products, and caffeine free products.**
- ♥ **NO BETA BLOCKERS. Beta-Blockers include Metoprolol, Atenolol, Lopressor, Toprol, and Aggrenox. We will call to review your medications with you.**

THE DAY OF YOUR TEST:

- ♥ Nothing to eat 4 hours prior to your test.
- ♥ For diabetic patients, follow a diabetic diet; however, do not have heavy meals.
- ♥ Stay well hydrated with water.
- ♥ Wear comfortable clothing.
- ♥ Avoid wearing dresses, jumpsuits, suspenders, shirts with metal or metallic buttons, and large necklaces.
- ♥ Wear comfortable walking shoes.
- ♥ For new patients, bring a list of updated medications you are currently taking.
- ♥ Bring your insurance cards.
- ♥ Arrive 15 minutes early to check in.

IMPORTANT POINTS TO REMEMBER:

- ♥ For accurate results, please follow all the instructions.
- ♥ Allow 2.0 to 4.0 hours to complete your exam.
- ♥ Only patients will be allowed into the exam.
- ♥ We will provide a snack for you.