

NUCLEAR STRESS TEST PATIENT INFORMATION

(Treadmill, Lexiscan or Dobutamine Cardiolite)

YOUR TEST IS SCHEDULED ON: _____ **AT** _____ **AM/PM**

Please read the following information carefully and follow all instructions on next page

What is a Nuclear Stress Test?

A nuclear stress test is an exam that provides information about the coronary blood flow to the heart muscles. This test was ordered to observe whether the heart muscles are receiving adequate blood supply. An IV will be started to allow for two injections of a small amount of a nuclear tracer which allows imaging of your heart under a gamma camera. Images are taken after an initial injection while your heart is in a resting state and then again after your stress test. If you are unable to exercise, you may be given a medication to simulate exercise. This exam typically requires about 2-3 hours to complete.

*****SPECIALLY PREPARED MEDICATION IS REQUIRED FOR YOUR TEST. THESE TIME SENSITIVE MEDICATIONS ARE ORDERED FOR YOU 24 HOURS BEFORE YOUR EXAM. A 24 HOUR CANCELLATION NOTICE IS REQUIRED TO AVOID A CHARGE OF \$200.00 FOR YOUR MEDICATIONS (INSURANCE WILL NOT COVER THIS COST)*****

Please fill out the following information:

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

Height: _____ Weight: _____ Sex: Male Female

Cardiologist: _____

Primary Care Physician: _____

Patient History: (Please circle all that apply)

Abnormal EKG / Arrhythmia

High Cholesterol

Previous Heart Attack

High Blood Pressure

Bypass Surgery (for heart only)

Diabetes

Stents (for heart only)

Pre-op Clearance

Coronary Artery Disease

Asthma/COPD/ Emphysema

Congestive Heart Failure

Family History of Heart Disease

Patient Symptoms: (Please circle all that apply)

Chest Pain

Shortness of Breath

Palpitations

Dizziness

Fatigue

Fainting/ Near Fainting

For females only:

Bra size: _____

Do you have breast implants? Yes _____ No _____

Are you pregnant? Yes _____ No _____

Are you breast feeding? Yes _____ No _____

If there is any chance that you are pregnant, please inform the technologist prior to your test

NUCLEAR STRESS TEST INSTRUCTIONS

*****PLEASE FOLLOW INSTRUCTIONS CAREFULLY TO AVOID RESCHEDULING*****

PLEASE ALLOW FOR 2 – 3 HOURS FOR THE EXAM

PLEASE DO NOT BRING CHILDREN TO THIS APPOINTMENT

♥ NO CAFFEINE FOR 24 HOURS BEFORE YOUR TEST!

This includes coffee, decaf coffee, tea, decaf tea, soda, chocolate, migraine medications (Excedrin, Anacin, etc.), and energy drinks. This even includes products stating decaf or caffeine free.

♥ NO BETA-BLOCKERS FOR 24 HOURS BEFORE YOUR TEST

Beta-blockers may include the following medications: metoprolol, atenolol, toprol, lopressor and bystolic. Please see following page for more specific instructions regarding medication. If you are instructed to stay on your medicine by your physician, please follow his instructions. We will call to review your medications with you and go over any questions at that time.

♥ NOTHING TO EAT FOR 4 HOURS BEFORE YOUR TEST

If you are diabetic or hypoglycemic, you may follow your diabetic diet and eat lightly up to 2 hours before your test. However, please do not have any heavy meals before the test.

- ✓ Stay well hydrated with water the day of and the day before your test to help with IV insertion
- ✓ Wear comfortable clothing and walking shoes, and please avoid the following:
 - × One piece dresses
 - × Jumpsuits
 - × Suspenders
 - × Shirts with metal on them
 - × Large necklaces or chains
- ✓ If you are a new patient, please bring your ID, insurance cards and a list of your medications
- ✓ Please arrive 15 minutes early to check in for your appointment
- ✓ A snack will be provided for you after the stress portion of your exam, if you would like, you may bring your own snack to eat when instructed

The Nuclear Stress test takes a minimum of 2 hours, but could take up to 3 hours

Please schedule time accordingly

Please remember, only patients will be allowed into to the testing area

Two days before your exam, someone from our office will contact you to confirm your appointment. He or she will review the 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 with any questions at the following numbers:

Biltmore Cardiology in Phoenix: 602-952-0002

Biltmore Cardiology in Casa Grande: 520-381-8850

Biltmore Cardiology in Payson: 928-472-7440