

NUCLEAR STRESS TESTING INSTRUCTION SHEET

- Nuclear stress testing assists the doctor in assessing the blood flow to your heart muscle. A radioactive isotope is injected through an IV and as a ‘tracer’ by going with your blood through your heart muscle. A special camera is used to detect the tracer so that the doctor can see whether there is adequate or diminished blood flow. The tracer is injected at rest, allowed to circulate, and then imaging is done with the camera. A second tracer is injected during the stress portion, allowed to circulate, and then imaging is repeated. The stress testing process takes 3-5 hours in total.
- Please observe the following prior to your test:
 - Do not eat or drink anything at least 4 hours prior to your appointment.
 - Bring something to eat with you after the stress portion of the test.
 - Do not consume any caffeinated products for 24 hours-this includes coffee, tea, chocolate, and soda
 - Do not smoke for at least 4 hours prior to your appointment.
 - Wear comfortable clothing and sneakers.
 - Do not use powder or lotion on the day of the test.
 - Do not wear jewelry, an under wire bra, or metal.
 - Please bring a sweater or sweatshirt with you.
 - We encourage you to bring magazines, books, puzzles, etc.
- If you take medications, please review the following:
 - **Take all of your usual morning meds with sips of water except those listed below**
 - Unless otherwise instructed by the doctor, the following medications should be held the day before and the morning of the test:

▪ Sular	Atenolol	Toprol (Metoprolol)	
▪ Inderal	Theophylline	Cardizem (Diltiazem)	Ziac
▪ Verapamil	Tenormin	Theophylline (Theodur)	Imdur
▪ Bystolic	Tiazac	Coreg (Carvedilol)	
▪ Aggrenox	Persantine	Norvasc (Amlodipine)	
▪ Innopran xl			
 - If you are scheduled for a Pharmacological (non-walking) nuclear stress test, do not apply Nitroglycerin patch the morning of the procedure.
 - Do not take diabetic medication the morning of the procedure and reduce any long acting insulin by half the night before. You may bring your morning dose to take with your snack.
 - Do not take Viagra, Cialis, Levitra, or Vigromax for 72 hours prior to testing.
 - Contact our office with any questions.
- If you need to cancel or change your appointment, please notify the office 48 hours in advance. If proper notice is not give, **you will be responsible for the cost of the isotope.**
- Any questions or concerns regarding nuclear stress testing, please feel free to contact our office at 973-736-9557.