



Central Florida Heart Center  
3310 SW 34<sup>th</sup> Street  
Ocala, FL 34474

Questions / Cancellations: (352) 873-1919

## Nuclear Stress Test Patient Information

Your doctor has ordered a nuclear stress test of your heart. During this test, a small amount of radioactive tracer will be used to better visualize your heart. The information obtained by this test will help your doctor manage your care.

Please arrive at least 5-10 minutes prior to your appointment time. *There is **no magnet** associated with this test; people with pacemakers or ICD's may have a nuclear stress test.*

An intravenous line will be placed in your hand or arm. The nuclear medicine technologist will inject a radioactive tracer through your IV. *If you are, or may be pregnant, or are breastfeeding, please call and speak to the nuclear medicine technologist **before** the day of your test.*

The stress test may be performed either on a treadmill or by the use of medications- Regadenoson (Lexiscan) or Dobutamine. **Two sets of images** of your heart will be acquired: 1 prior to your stress test, and 1 after your stress test. Each set of images will take approximately 10 minutes on the camera.

### THIS TEST WILL TAKE 2-3 HOURS

(Bring a book / eReader / Kindle / magazine / iPod/MP3 player)

#### Nuclear Stress Test:

Name: \_\_\_\_\_ Day: \_\_\_\_\_ Date: \_\_\_\_\_ At: \_\_\_\_\_ AM / PM

- I agree that a \$100 fee will be assessed if I do not arrive for my appointment on time and properly prepared, and have not cancelled one business day in advance.
- This *partially* reimburses for expenses incurred for perishable materials which will be waiting for me at my scheduled appointment time.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### Follow - Up Appointment:

With: \_\_\_\_\_ At \_\_\_\_\_ Day: \_\_\_\_\_ Date: \_\_\_\_\_ At: \_\_\_\_\_ AM / PM

### PATIENT PREPARATION INSTRUCTIONS

#### • Nothing to eat after midnight prior to your test-

- Please drink plenty of water the day before and the morning of the test (other clear liquids such as Gatorade are also ok).
- If you have an afternoon appointment (starting at 12:00 PM or later) - you can eat a light breakfast but nothing to eat 4 hours prior the start of your test.
- Bring a snack - you will be able to eat about halfway into your visit.
- Please withhold all diabetic medications (unless you eat prior to your afternoon appointment).
- Please withhold all water pills the morning of your test.

#### • No caffeine at least 12 hours prior to your test-

- This includes decaffeinated coffee or teas, all energy drinks & chocolate.
- No Anacin, Exedrin, Caffeine, Cardiotec, Fioricet, Fiorinal, Hycomine, Norgescic, Repan, Vivarin
- We can provide coffee or soda for you about halfway into your visit (once the stress test is complete).

#### • If you use inhalers: By all means use them the morning of the test & bring them with you.

#### • Clothing:

- Please wear comfortable, loose clothing and closed-toe shoes suitable for walking on a treadmill. A two-piece outfit (top and bottom) is recommended for easy EKG electrode placement, no dresses or skirts. For women it is recommended that you please wear a bra for better image quality. No lotions or oils on your chest

#### • Some medications need to be discontinued up to 48 hours prior to your test:

- Please refer to the back side of this sheet to see if you are on any medications which need to be discontinued.

**Thank you for arriving properly prepared for your nuclear stress test!**

**CFHF-1003**



## MEDICATIONS TO WITHHOLD FOR ANY NUCLEAR STRESS TESTING

### **Withhold 4-6 hours prior to all nuclear stress testing:**

**Nitroglycerin:** Deponit, Nitro-Bid, Nitro-Disc, Nitro-Dur, Nitro-Gard, Nitrol, Nitrostat, TransdermNitro, Transdermal-NTG, Nitro paste

### **Withhold 12 hours prior to all nuclear stress testing:**

**Miscellaneous:**

**Isosorbide Dinitrate:**

Isordil, Sorbitrate, Dilatrate-SR

**Isosorbide Mononitrate:**

Imdur, Ismo, Monoket

**Caffeine/ De-Caf & Meds w/ Caffeine:** Energy Drinks, Coffee, Colas/Soda, Chocolate, Anacin, Caffedrine, Cardiotea, Exedrin, Fioricet, Fiorinal, Hycomine, Norgesic, Repan, Vivarin, Pamprin, Midol

### **Withhold 24 hours prior to all nuclear stress testing:**

**Miscellaneous:**

Viagra, Cialis, Levitra Aggrenox, Cafergot, Dipyridamole, Levitra, Persantine, Trental, Pletal,

### **Medications to withhold ONLY for Lexiscan or Adenosine stress**

#### **Withhold medications below 24 hours prior to the test:**

**Bronchodilators:**

Aerolate, Aminophylline, Aquaphyllin, Asmalix, Choledyl, Elizophylline, Slo-bid, Slo-Phyllin, Theo-Dur, Theovent, Theophylline

