



Central Florida Heart Center
3310 SW 34th 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, Caffedrine, Cardioten, Fioricet, Fiorinal, Hycomine, Norgesic, 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-1002

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:

<u>Miscellaneous:</u>	<u>Isosorbide Dinitrate:</u>	Isordil, Sorbitrate, Dilatrate-SR
	<u>Isosorbide Mononitrate:</u>	Imdur, Ismo, Monoket

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

Withhold 24 hours prior to all nuclear stress testing:

<u>Miscellaneous:</u>	<u>Viagra, Cialis, Levitra</u> Aggrenox, Cafergot, Dipyridamole, Levitra, Persantine, Trental, Pletal,
------------------------------	---

Medications to withhold ONLY for Treadmill stress or Dobutamine stress **Withhold all Beta-blockers the night before and morning of the test:**

<u>Acebutolol:</u>	Sectral	<u>Nadolol:</u>	Corgard, Corzide
<u>Atenolol:</u>	Tenormin, Tenoretic	<u>Pindolol:</u>	Visken
<u>Betaxolol:</u>	Kerlone	<u>Propranolol:</u>	Betachron E-R, Inderal
<u>Bisoprolol:</u>	Zebeta	<u>Timolol:</u>	Blocadren, Apo-Timol, Novo-Timol Tartrate, Ziag
<u>Labetalol:</u>	Normodyne, Trandate	<u>Coreg:</u>	Carvedilol
<u>Metoprolol:</u>	Toprol (XL), Betaloc, Lopressor	<u>Bystolic:</u>	Nebivolol

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

