

# Eastlake Cardiovascular, PC

George B. Ghanem, MD, FACC, FASE  
Thomas A. LaLonde, MD, FACC  
Georges B Ghafari, MD, FACC  
Thomas P. Davis, MD, FACC  
Joan S. Crawford, DO, FACC, FASE  
Vithal Kinhal, MD, FACC  
Marc O. Gosselin, DO, FACC

Howard S. Rosman, MD, FACC  
William J. Cushing, MD, FACC  
Anthony J. Kawa, DO, FACC  
Jon Mojares, MD, FACC  
Basil Dudar, MD, FACC  
Edouard Daher, MD, FACC, FSVM  
Salem N. Sayar, MD, FACC

## INSTRUCTIONS FOR A NUCLEAR STRESS TEST

Date of test: \_\_\_\_\_ Time of Test: \_\_\_\_\_

*(If you are unable to keep your appointment, you must give a minimum of 24 hours notice.)*

### **What is the purpose of a nuclear stress test?**

The nuclear stress test is a diagnostic exam used to evaluate the supply of blood to your heart muscle. Your heart receives blood from the coronary arteries. If these arteries become partially blocked or narrowed, your heart will not receive the blood that it needs for proper function. This test may be useful in detecting the presence and significance of coronary artery disease.

### **How should I prepare for my nuclear stress test?**

- ♥ **The test usually takes approximately 4 hours**, although, your total test time will vary.
- ♥ **Please do not eat anything 4 hours prior to the test. You may have water at anytime.** Eating will cause an unclear image and may induce nausea after exercise. Patients with diabetes, consult your doctor as to your insulin dosage on that day.
- ♥ **No caffeine, decaffeinated beverages, medications containing caffeine or anything containing chocolate 24 hours before your test!** Some examples of medications containing caffeine are Anacin, Excedrin, and other migraine medications.
- ♥ **Take your medications at your usual time**, unless your physician has indicated otherwise. Please bring a list of your current medications, as you may be asked for it.
- ♥ **Wear comfortable footwear** appropriate for brisk exercise on a treadmill (no flip-flops). Wear a short sleeve, button down or loose-fitting t-shirt that contains no metal; no under-wire bras or necklaces. A hospital gown can be provided. Slacks or shorts are preferred for comfortable exercise (no full length dresses or slips).
- ♥ **Bring a book to read**, as there are waiting periods during the test.
- ♥ **Please shower prior to your appointment** to reduce the spread of bacteria to our equipment.
- ♥ **Family members are allowed to accompany you** to the test, but are restricted to the lobby.
- ♥ **Please bring a light jacket/sweater** due to the cool department temperatures for testing equipment/cameras.
- ♥ **Patients having a Persantine stress test** must follow above instructions and must not have any Theophylline or Persantine (Dipyridamole or Aggrenox) medications 48 hours prior to test.
- ♥ **When your test is complete**, you may schedule an office visit with your physician to discuss the test results. If you have not heard from your physician in two weeks please call the office for your results. Please do not ask the testing staff for your results, as they are not allowed to discuss them.

### **Should I take any special precautions?**

The radioactive tracer contains no iodine for those patients whom may be allergic to iodine. The radiation dose that you will receive is comparable to an abdominal CT. Female patients must inform the nuclear medicine technologist if pregnancy is known or suspected. **All female patients under the age of 50 must obtain a pregnancy test** within 72 hours of the test (we will give you an order form). If you are a nursing mother, call the Nuclear Medicine Department.

You may call the Nuclear Medicine Department at (586) 498-0440 between 8 AM and 3 PM, Monday through Friday, if you have additional questions.

Patient Signature \_\_\_\_\_