

## **1 DAY Nuclear Stress Test Preparation**

You must HOLD MEDICATIONS LISTED BELOW the day before and the day of the test

**Unless otherwise directed by your physician:**

### **Beta Blockers/Calcium Channel Blockers:**

*Atenolol/ Tenormin	*Toprol/ Metoprolol/ Lopressor
*Propranolol/ Inderal	*Sotalol/ Betapace
*Bisoprolol/ Zebeta/ Ziac	*Nadolol/ Corgard/ Corzide
*Carvedilol/ Coreg	*Timolol/ Blocadren/ Timolide
*Labetalol/ Normodyne	*Betaxolol/ Kerlone
*Nebivolol/ Bystolic	*Verapamil/ Calan/ Verelan/Tanko
*Diltiazem/ Cardizem	*Excedrin
*Nifedipine/Adalat/Procardia	

- **Please allow 3-4 hours for testing**
- **Prep for IV: Night before test eat a good meal and sip on water throughout the evening.**
- **Prep for IV: Make a fist and pump arms up and down (like lifting weights) throughout the evening.**
- **Prep for IV: You are allowed and it is recommended to drink water prior to testing.**
- **DO NOT eat for 3 hours prior to the test.**
- **DIABETIC patients you eat a small snack prior to test if need. Insulin dependents may take 1/2 dose.**
- **DO NOT eat or drink caffeine, decaf products or chocolate for 12 hours prior to test.**
- **Wear or bring comfortable walking or running shoes.**
- **DO NOT wear a shirt or sweater with metal buttons.**
- **Make sure chest and abdomen are thoroughly cleaned and no lotions on body**
- **Please dress appropriately or bring a sweater, because temperature in waiting area and testing rooms may be cold.**
- **If you are a female who is pre-menopausal, is not surgical sterile, and have not started your menstrual period in the last 10 days, you will be asked to take a pregnancy test upon arrival per the recommendations of the Intersocietal Commission for the Accreditation of Nuclear Medicine Laboratories (ICANL).**
- **Bring a snack or small lunch. You will be instructed when to eat.**

## C.A.I. A Cardiovascular & Arrhythmia Institute

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The nuclear stress test is a one-day diagnostic test using a radioactive tracer combined with cardiac imaging to determine if the heart is receiving an adequate blood supply at rest and exercise. First, you will have an IV placed in your arm or hand and then will be injected with a radioisotope injection. After injection a minimum of 30 to 45 minute wait is required. You will be asked to drink water to allow your system to be flushed to get the best possible pictures of your heart. Then we will obtain nuclear imaging of your heart in its resting stage, which takes about 25 minutes, and will need to be as still as possible during this process

Upon completion of the nuclear images, you will be prepared to walk on the treadmill at a specific speed and grade at three-minute intervals with the goal of reaching your maximum heart rate. The speed and elevation will increase until your heart gets to its target stressed heart rate of moderate exercise or becomes distressed in any way or develop any abnormal response, whichever occurs first. Once you reach this rate, a second injection of the radioisotope will be injected and an additional minute of walking will be required to allow significant circulation and accumulation of the isotope in your heart. Your blood pressure, heart rate and EKG will be monitored throughout the entire treadmill process. After a minimum of a 30-45 minute wait a second series of nuclear images, lasting about 15 minutes, will be taken to assess the heart under stress conditions.