

2 DAY Nuclear Stress Test Preparation

Please note that there are ONE and TWO day stress tests, requiring different preparation based on the day.

DAY ONE/REST PORTION:

- Take all medication as normal.
- Eat and drink normally.
- Do not wear a shirt or sweater with metal buttons. Please dress appropriately or bring a sweater due to waiting area and testing rooms may be cold.

An injection of radioactive tracer will be given in your arm or hand. You will be asked to drink water for about 45-60 minutes to allow your system to be flushed to get the best possible pictures of your heart. Pictures of your heart will be acquired in its resting stage, which takes about 25-30 minutes, and will need to be motionless during this process. Plan on spending 2 hours at our office on this day.

DAY TWO/STRESS PORTION:

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/Adalt/Procardia

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- **Please allow 2-3 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 may eat a small snack prior to test if needed. 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.**

An IV will be placed in your arm or hand then brought in to stress testing room where you will be prepared to walk on the treadmill. A specific speed and grade is increased at three minute intervals with the goal of reaching your target heart rate. Once you reach this rate, another injection of the radioisotope will be administered 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 access the heart under stress conditions.