



The test will help your doctor determine if there are areas of your heart that do not receive enough blood due to coronary artery disease. Areas of your heart that may have been damaged by previous heart attacks may also be seen.

Patient Instructions:

1. **Arrival Time:** It is essential for you to be on time for your appointment. It is also very important for you to keep your appointment if at all possible. The nuclear chemical is specially ordered for our scan and is a costly material. If you are unable to keep your appointment, please notify our office at least 24 hours prior to your appointment. The duration of the test is approximately 2 – 3 hours.
2. You must not smoke for at least 6 hours before this test.
3. You may drink water, milk or fruit juice. We want you well hydrated.
4. **Eating:** You will need to fast (have nothing to eat) for 4 hours before your test. In addition, you must AVOID caffeine in any form for 24 hours prior to your arrival. Caffeine can interfere with your stress test. Please check all food and drink labels for caffeine. Following is a list of a few common beverages, foods and medications that contain caffeine that you must avoid:
 - No Coffee – all forms, including decaffeinated
 - No Tea – all forms, including decaffeinated
 - No Chocolate or Chocolate Drinks – including chocolate milk and cocoa
 - No Cola Drinks – including decaffeinated ones
 - No Medications That Contain Caffeine – Cafergot, Fiorinal, Wigraine, Darvon Compound, Synalgos, Anacin, Excedrin, No-DozIf you have any questions about your medications please consult your cardiologist or a nurse at our office.
 - Please bring a caffeine-free snack to eat after the injection.
5. **Clothing:** For the stress test, it is recommended that you wear a 2-piece casual outfit (like shorts, T-shirt, sweat pants) and shoes that are suitable for exercise. No sandals.

6. **Medications:** Your physician will instruct you on what medications should be held or taken the day of the test.
7. **Diabetics:** You will be fasting for at least 4 hours prior to the exam. You can decide when to take your medications based on your eating schedule, so please bring them with you. Your diabetic medications will not interfere with this test.
8. **What to Expect During the Test:** When you arrive for your appointment, the first step is to give you an injection (in a vein in your arm) of radioactive or water isotope. It will be taken up by your heart muscle and allow the technologist to image the blood flow to your heart. The radioactive or water isotope does not contain any iodine.

After the injection, the isotope needs to circulate in your body for approximately 20 – 30 minutes. Please bring a caffeine-free snack to eat during this time. You will then have the first set of images, the “Rest Images,” taken. This will take 20 minutes.

After your resting images, you will be set up for a treadmill portion of the test, if you are walking, EKG leads will be placed on your chest. You will exercise on the treadmill or you will have a chemically induced stress test. At your peak exercise, a second dose of the isotope will be given to you through your I.V. A second set of images, the “Stress Images,” will be taken 20 – 30 minutes after you get off the treadmill. This will take 20 minutes.

9. **After the Test:** There are normally no side effects from the chemical or isotope we give you. You will be notified the next day if the test is abnormal and by mail 1 – 5 days if the test is normal. The results are also sent to the referring physician who sent you here. If you do not hear from us within 7 days, please call the office.