

Bartlett Regional Hospital

Nuclear Medicine Department

3260 Hospital Drive

Juneau AK 99801

Information for Patients Having a Treadmill or Pharmacological Cardiac Stress Test

You have been scheduled for a cardiac stress test in the Nuclear Medicine department at Bartlett Regional Hospital in order to assist your physician in the evaluation of your heart condition.

What To Do Prior To the Exam

- Avoid beverages, foods and drugs that contain caffeine or theophylline for 12 hours prior to your test.
- Check with your doctor about taking any medication that you are currently on prior to the exam.
- Bring a copy of any medications that you currently take.

The Day of Your Exam

- You cannot eat 4 hours prior to your exam.
- The nuclear medicine technologist will explain the exam to you prior to starting the test.
- If your physical orders a treadmill stress test, the respiratory therapist will explain to you that portion of the test and what to expect.
- Your physician or assigned physician from the medical group will be present to monitor the stress phase of the test.
- You may want to bring something to eat (something that has some fat in it) because we will want you to eat after the injection portion of the resting phase then you will not be able to eat again until after the test is completed.
- Wear comfortable clothes and shoes for the day of your exam.
- **Please arrive 15 minutes prior** to your scheduled appointment to register.

The cardiac stress test consists of two parts, a stress phase and a rest phase. Both are done the same day with about 2 hours in between each phase. For each phase you will have an injection of radioactive material followed by images under a special camera that takes 15 to 30 minutes. You will be lying on your back with your arms above your head. If you have shoulder pain during this you may take over-the-counter pain medication one hour prior to your test.

If you have any questions, give us a call at 796-8804 and we will be happy to answer them.