

Georgia Heart Physicians,LLC

Nuclear Stress Test Instructions

You are scheduled for the following nuclear stress test. Please read and follow the instructions given below.

Type of Test: _____ Sestemibi Treadmill Stress Test
_____ Pharmocologic Sestimibi Stress Test
(Adenosine,Dobutamine,Persantine,Regadenoson)

Test Date: _____ Time: _____

Testing Procedure:

1. An IV line will be started in your arm by the nuclear technologist. You will then be injected with a radioactive isotope, which allows us to obtain images of your heart.
2. Approximately 30-60 minutes after the injection, the first set of images will be obtained.
3. After the proper prep, the stress test will begin. You will then be instructed to either walk on a treadmill or receive an intravenous injection of the drug Adenosine,Dobutamine,Persantine or Regadenoson. At the end of the testing procedure you will receive a second injection of a radioactive isotope.
4. After approximately 60 minutes, a final set of images will be taken.
5. **The test takes approximately 4 to 5 hours to complete.**

Instructions:

1. **Do not have any caffeinated or decaffeinated products** (coffee,tea,soda,chocolate etc), for 24 hours before the test. Your test will be cancelled if you have consumed any caffeinated or decaffeinated products. Do not smoke or consume alcoholic beverages before the test. Certain pain relievers such as Excedrin, Lortab, Motrin, and Hydrocodone also contain caffeine. These are just a few examples: remember to check labels.
2. Do not eat or drink anything after midnight before the test.
3. Do not take any medication on the day of the test, but bring your medications with you as some may be allowed later in the testing process.
4. Do not take Beta Blockers (Coreg, Toprol, Metoprolol, Atenolol etc) for 24 hours prior to the test. Do not take any medication containing theophylline (theo24 or Uniphyll) for 24 hours prior to the test. Please do not use any Nitroglycerin Patches 24 hours prior to the test. Do not take any Digoxin 24 hours prior to the test. If you use an **INHALER**, bring it with you to your appointment. If you are taking VIAGRA, please discontinue use for 24 hours prior to your test.
5. Please bring a medical prescription from your referring physician for this test.
6. Wear comfortable clothes and walking shoes. (No dresses). A two piece outfit consisting of pants and a shirt without buttons, zippers or snaps is preferred. (Gym Clothes)
7. **DIABETIC INSTRUCTIONS:**
Patients Taking Insulin: Take ½ of your dose of Insulin the morning of your test. You may have a small glass of juice and one slice of toast with a small amount of butter or jam prior to 7am. Bring a snack with you to have after the stress or intravenous medication portion of the test. You make take the other ½ of your insulin dose once finishing your study and are able to consume a complete meal.
Patients taking Oral Diabetes Medication: Do not take your diabetes medication the morning of your test. Bring your diabetes medication with you along with a snack. You may take your medication after the stress test.

(Stress Test Instructions Cont.)

Please Notify Our Office At Least 12 Hours In Advance If You Must Cancel Your Test For Any Reason.

Bring A Snack. Eating and Drinking Is Allowed Towards The End Of The Test. (CHECK WITH THE TECHNOLOGIST BEFORE EATING).

Is This Test Safe?

The overall radiation exposure is minimal, about the same as you get from the environment during the course of one year,

If you are Pregnant, think that you might be, or if you are a nursing mother, it is best that you postpone this test until a later date. Speak with the technologist or physician to consider other options.

The exercise portion is also safe. A small amount of risk however does exist because exercise “stresses” the heart and at the time of the test, we are unsure of the condition of the arteries to your heart (the reason for the test). Possible complications include abnormal heart rhythms or heart attack.

If you have any unanswered questions please don't hesitate to contact our office a (478) 738-9443.