



INSTRUCTIONS FOR A NUCLEAR STRESS TEST

What is the purpose of a nuclear stress test?

The nuclear stress test is a diagnostic exam used to evaluate the supply of blood to your heart muscle. This test may be useful in detecting the presence and significance of coronary artery disease.

How should I prepare for my nuclear stress test?

- **Please let us know if you have a history of seizures, are unable to raise your arms above your head or are unable to take a step up unassisted.**
- **The test takes approximately 3 to 4 hours**, although, your total test time will vary. You may want to bring a book to read.
- **Please do not eat or drink anything, other than plain water, 4 hours prior to the test.** Please no cough drops, candy, or gum chewing 4 hours prior to your test.
- **Patients who take insulin or diabetic medications:** Eat something light (ex: toast or oatmeal) two hours prior to your test. Please hold your insulin and/or diabetic medications the morning of your test.
- **No caffeine or decaffeinated beverages 24 hours before your test.** This means no soda pop, chocolate, coffee, tea, decaffeinated beverages or medications containing caffeine the day prior to your test. Some examples of medications containing caffeine are Anacin, Excedrin, and other migraine medications.
- **Take your medications at your usual time**, unless your physician has indicated otherwise. Please bring a list of your current medications, as you may be asked for it.
- **You may be walking on a treadmill, therefore, tennis shoes are required for safety. Your test will be rescheduled if open toe or backless shoes are worn. Wear a short-sleeved or loose long sleeve, loose fitting, shirt that does not contain metal. No necklaces, underwire or front-closure bras or shirts with snaps, full length dresses or slips. Do not apply any lotions, powers or oils to your chest area the day of the test. You may use deodorant.**
- **Bring a can of soda pop and a snack with you.** This should contain caffeine and needs to be carbonated. This will improve your image quality. We will tell you when to drink it.
- **Patients having a Pharmacological stress test must follow above instructions** and must not have any Theophylline or Persantine (Dipyridamole or Aggrenox) medications 48 hours prior to test or Trental (pentoxifylline) 24 prior to test.
- **When your test is complete**, you may schedule an office visit with your physician to discuss the test results. If you have not heard from your physician in two weeks please call the office for your results. Please do not ask the testing staff for your results, as they are not allowed to discuss them.
- Please notify the technologist if you will be traveling out of the country within 72 hours of having the test and you will be provided with a radioactive patient letter to take with you.

Should I take any special precautions?

The radioactive tracer contains no iodine for those patients whom may be allergic to iodine. Female patients must inform the nuclear medicine technologist if pregnancy is known or suspected. **All female patients under the age of 50 MUST OBTAIN A PREGNANCY TEST** no more than 72 hours before the test (we will give you an order form). If you are a nursing mother, call the Nuclear Medicine Department.

You may call the Nuclear Medicine Department at (586) 498-0440 between 8 AM and 3 PM, Monday through Friday, if you have additional questions.

PLEASE NOTE: There will be a \$100 cancellation fee for tests cancelled without 24 hours prior notice.