



Rex Winters, M.D., FACC

Date: _____

Time: _____

Nuclear Stress Test

What is "Nuclear Stress Test?"

A Nuclear stress test lets the doctor see pictures of your heart while you are resting and shortly after you have exercised. The test can give information about the size of the heart's chambers, how well the heart is pumping blood, and whether the heart has any damaged muscle. Nuclear stress tests can also give doctors information about your arteries and whether they might be narrowed or blocked because of coronary artery disease.

Preparing for your test:

- ♥ NO food, liquids or smoking **3 hours** prior to your appointment.
- ♥ NO caffeine products (coffee, cola, tea, chocolate, etc..) **12 hours** prior to your appointment.
- ♥ Wear comfortable clothes and rubber soled shoes or tennis shoes.
- ♥ Report if you have asthma, wheezing or use inhalers.
- ♥ For patients with diabetes: If you take insulin, please eat a light meal with insulin 3 hours prior to your test.
- ♥ Please bring a snack with you that consists of something high in fat (peanut butter sandwich, bagel & cream cheese)
- ♥ Do **NOT** take Beta Blockers for **24 hours** prior to your test.

Your Physician had scheduled you for the following test:

Exercise nuclear test:

Do **NOT** take Beta Blockers **24 hours** prior to your test.

Most commonly ordered Beta-Blockers

Acebutolol	(Sectral)	Atenolol	(Tenormin)
Bextxolol	(Kerlone)	Bisoprolol	(Zebeta, Ziac)
Cartelolol	(Cartrol)	Bystolic	(Covebivolol)
Esmolol	(Breviloc)	Coreg	(Carvedilol)
Metoprolol	(Lopressor)	Labetatlol	(Trandate)
Penbutolol	(Levatol)	Nadolol	(Corgard)
Propranolol	(Inderal)	Pindolol	(Visken)
Toprol XL	(Metroprol)	Timolol	(Blocadren)

Lexiscan nuclear stress test:

Hold medications containing Theophylline and Persantine for 24 hours prior to your test.

Medications containing Theophylline

Theo-24	Theospan SR	Theiphylline
Theoclear LA	Tehobid Jr. Duracap	Theo-Dur
Theoclear SR	Tehobid Duracap	Theo-Dur sprinkle
Theovent LA	Theochron	Sustaire
Sio-bid Gyrocaps	Slo-Phyllin Gyrocaps	Uniphyl
Quibron-T/SR	Respbid	Aerolate
Bronkodyl	Exlixophyllin SR	Constant-T

Always consult your physician regarding your medication.

What will happen to me during this test?

Please allow **4 hours** for the entire test. Since the nuclear test allows your doctor to see your heart muscle when you are at rest and at stress, an intravenous line (IV) will be placed in your arm through which the first isotope (Thallium) will be injected. Total preparation takes approximately 30 minutes. After this, you will be placed under a camera which takes pictures of your heart at rest (this takes approximately 30 minutes). Our professionally trained staff will place EKG electrodes on your chest which will be used to monitor your heart continuously during the stress test, either by exercise or with the use of medication. The actual stress portion of the test takes about 10-15 minutes (walking on a treadmill). Before the end of the stress test, a second isotope will be injected. After you have completed the exercise portion of this test you will be able to eat your snack and have a cup of coffee, tea, water or juice. The second set of pictures will be taken after your snack (takes approximately 45 minutes). The isotope is taken up by your heart muscle and then captured by the camera during this second set of pictures.

What happens after the test?

When your test is over, you may eat or drink and return to your normal routine. You may resume all your medications. Please let your Nuclear technologist know if you plan on flying within a month of your test, the tracer can be detected at the airport and you will need a letter stating you have had this procedure.

When will I get my results?

The images will be reviewed by a Nuclear Radiologist and results will be interpreted within the next 24 hours. You will be notified of your results by the physician who scheduled your exam within the next 5 working days.

Dr. Dobkin (Nuclear Radiologist) will be billing for the nuclear reading fee of this procedure.