



TREADMILL STRESS TEST WITH NUCLEAR IMAGING

Your physician has ordered a Nuclear Treadmill Stress Test. The purpose of this test is to evaluate the blood supply to the heart muscle.

WHAT WILL HAPPEN DURING THE TEST?

On the day of your test, an IV will be started in your arm. You will receive a dose of radioisotope through your IV and, after waiting for about 30 to 45 minutes, you will have a Nuclear Medicine scan. After your scan, you will be taken to the treadmill room, electrodes will be placed on your chest to record an electrocardiogram (ECG), and a blood pressure cuff will be placed on your arm to monitor your blood pressure.

You will walk on a treadmill. The treadmill will start slowly at first, and then the speed and incline will gradually increase. Your ECG and blood pressure will be monitored throughout the test. When you reach your target heart rate, you will receive another injection of radioisotope. You will be monitored until your heart rate returns to baseline, and you will have a second Nuclear Medicine scan.

The test takes approximately 2 ½ to 3 hours to complete. Your physician's nurse will call you within a few days with your test results.

HOW SHOULD YOU PREPARE?

1. It is absolutely necessary to avoid **all** caffeinated items for the entire day prior to the test. These include coffee and tea (including decaf), caffeinated sodas, chocolate, cocoa, and certain pain medications that contain caffeine, such as

Excedrin, Anacin, Midol, Fiorinal, etc. Please read the label. If you have any additional questions about caffeine, please call.

2. No solid food for four hours before the test.

3. Please come well-hydrated. You may have water, apple juice, cranberry juice, or other clear, non-caffeinated liquids up to the time of your exam.

4. The following medications may be stopped before your stress test:

- **Beta-blockers** (Inderal, Toprol, Lopressor or metoprolol, Tenormin or atenolol, Coreg or carvedilol, Visken or Corgard, Zebeta, Ziac, or bisoprolol, etc.),

- **Calcium-channel blockers** (Cardizem or diltiazem, Calan or verapamil, etc.).

These medications are generally stopped for 24-48 hours before your test.

- **Nitroglycerine patches** should be removed four hours before the test.

- **Persantine, Dipyridamole, Aggrenox**, and any **Theophylline** medications should be stopped for 48 hours prior to the test.

Please contact your doctor before stopping any of these medications and follow his or her instructions.

5. **Diabetic Patients.** If you take insulin to control your blood sugar, discuss this with your doctor and find out how much insulin you should take the day of the test.

6. Please wear comfortable clothing and shoes.

7. Please bring a light snack with you. Once the stress portion of the test is completed, you may eat.

8. If you are unable to keep your appointment, it is important that you give us 24 hours notice.

9. If you have any other questions, please feel free to call us at **541-388-4333**.