



HEART & VASCULAR CENTER
OF SOUTH FLORIDA

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Nuclear Stress Test

Preparation for the test

1. This test consists of two parts. Please be prepared to spend 4 to 5 hours at our office. During these tests, there are multiple waiting periods. You will not be having the tests for the entire duration of your visit.
2. Please do not eat for 2 hours prior to the test. You may have water to take your medications, unless they are listed below in #8.
3. If you are asthmatic and use an inhaler, please bring them to your appointment. If you are taking insulin or diabetes medication, you may eat a small breakfast, and bring a snack/juice with you to avoid a low blood sugar reaction.
4. Do not consume caffeine within 12 hours of your appointment, this includes: coffee, tea, energy drinks/shots, cocoa, chocolate and most sodas. Do not smoke before your test.
5. If there is a possibility that you could be pregnant, the test cannot be preformed. Please notify the office within 24 hours of your appointment if this is the case.
6. Please wear comfortable shoes and clothing for your tests. Sandals, flip-flops, heavy boots and high heels are not allowed. Avoid shirts and dresses with metal buttons or metal objects that cant be removed, and bras with metal wire supports.
7. Patient should not leave the office premises during entire test unless instructed by their Physician, Nuclear Tech, or Physician Assistant.
8. **Do not take** any of the following medications on the day of your test, but bring them with you to your appointment: Lopresson, Lopressor, Toprol, Metoprolol, Tenormin, Tenoretic, Atenolol, Coreg, Carvedilol, Inderal, Propanolol normodyne, Trandate, Labetalol, Corgad, Nadolol, Zebeta, Ziac, Theodur, Uniphyl, Theo24, or Theophyline.

Cancellation Policy

I understand that if I do not show up for my Nuclear Stress Test, the medication ordered for me will be wasted. This medication is time-sensitive. If I do not contact the office at least 24 hours in advance of my scheduled appointment (date & time below), I am responsible to pay a \$250 fee for the medication wasted.

Patient Name: _____

Appointment Date & Time: _____

Patient Signature: _____

Emergency Contact Name/Relationship: _____

Emergency Contact Number: _____

What to Expect:

1. Upon arrival, you will sign a consent form and an IV will be placed in your arm. A small amount of radioactive isotope will be injected through this IV and you will be asked to wait so that the medication has time to circulate. We will then take the first set of images, which takes about 15 minutes.
2. The radioactive isotope themselves do not cause any side effects or reactions and all residual traces of the isotope usually leave the body within 24 hours of injection.
3. After your first scan, the stress portion of your test will begin. There are two types of stress tests. The first is exercise based, where you will walk on a treadmill to create stress on the heart. The second is pharmacologic, where the medications Adenosine, Persantine, and Lexiscan will be used to stress your heart.
4. After the stress portion of your test, you may drink water or juice while you wait for the second set of images.
5. The entire Nuclear Stress Test appointment will take four to five hours to complete. At the end of your appointment, a follow-up visit will be scheduled for you to discuss your test results with the Physician.
6. You are only permitted to bring one person with you to your appointment.

What is a Nuclear Stress Test?

The coronary circulation system supplies blood and oxygen to the heart muscle. If a person develops progressive cholesterol plaque accumulation, they may end up with one or more significant blockages. If these blockages are severe, they may prevent the heart from getting enough nutrients, especially during exercise. Consequently, patients develop chest, neck or arm discomfort, and shortness of breath. Sometimes, patients may have blockages and experience no symptoms. At rest, it's usually OK, but during stress (physical or emotional) the heart does not work properly and shows symptoms. By injecting a nuclear isotope, we can picture the blood flow to the heart at rest and during stress. The isotope makes its way through the veins, to the heart while we capture images of the isotope path with a gamma-camera. The additional information provided by these images will paint a more accurate picture about the presence and severity of coronary artery disease. A normal test, however, does not detect mild obstruction, and preventative treatment is still necessary. A negative test is a good prognosis for a patient but does not rule out the possibility of a blood clot or heart attack in the future. Blood thinners, like Aspirin, usually compliment the treatment to help prevent heart attacks.