

Rowlett

7801 Lakeview Pkwy, Suite 100
Rowlett, Texas 75088

Nuclear Stress Test Instructions

Date: _____ **Time:** _____

Type: _____

When To Come:

- On the morning of your stress test, you will need to be in the office at least 20 minutes before the scheduled time of your test.
- **You must give the office at least 24 hours notice of a cancellation**, if not you will be billed for the cost of the nuclear doses. The drugs used in testing are ordered specifically for you.
- Also if you are more than 15 minutes late, your appointment will be rescheduled. If you foresee not being on time please call ahead of time. If you are unable to keep your appointment, you may cancel by calling 972-475-7500, Monday through Friday, 7:00a.m. – 5:00 p.m.
- **No family member will be allowed to come back during your nuclear stress test.**

What Will Happen:

1. An I.V. will be started and you will be injected with a radioactive tracer called Tc99m Myoview.
2. After being injected with Myoview there will be a 30-45 minute waiting period.
3. A resting scan will be done of your heart. This takes approximately 18 minutes.
4. After the rest scan, you will be hooked up to the EKG machine and will walk on the treadmill until you reach your target heart rate: at that time you will be injected with another dose Myoview and will walk approximately 60 seconds more. If you cannot walk on the treadmill you will be having a pharmacological stress test with Lexiscan.
5. After the treadmill or pharmacological portion of the stress test you will be given a snack and some juice or coffee and asked to wait for a period of time. You will then have your stress scan which can last 18 minutes.
6. **The full test can take up to 3-4 hours.**

What To Wear:

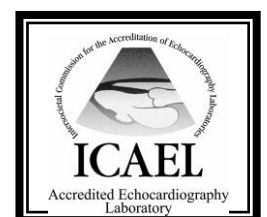
- Wear comfortable shoes and clothing. Please do not wear bras with underwire.
- It is very cold in the nuclear department. Please bring a jacket or sweater that contains no metal.



P: (972)475-7500

F: (972)475-6131

"Serving our communities for all of their Cardiology needs."



Your Medication(s):

Please review the list of medications below. If you are taking any of the medications, please **DO NOT TAKE THEM THE NIGHT BEFORE OR THE MORNING OF THE TEST**, unless instructed otherwise.

PLEASE TAKE ALL OTHER MEDICATIONS THAT ARE NOT LISTED

| | | | | |
|-------------------|-------------------|----------------------|--------------------|------------------|
| Acebutolol | Cardizem | Inderal | Nadolol | Timolide |
| Atenolol | Carteolol | Inderide LA | Normadyne | Timolol |
| Bepidil | Cartrol | Isoptin | Penbutolol | Toprol |
| Betapace | Carvedilol | Isradipine | Pindolol | Trandate |
| Betaxolol | Coreg | Kerlone | Propranolol | Vascor |
| Bisoprolol | Corgard | Labetolol | Sectral | Verapamil |
| Blocadron | Corzide | Levatol | Sotalol | Verelan |
| Breviloe | Dilacor XR | Lopressor | Tenoretic | Visken |
| Bystolic | Diltiazem | Lopressor HCT | Tenormin | Zebeta |
| Calan | Esmolol | Metoprolol | Tiazac | Ziac |

Do's and Don'ts

- **NO CAFFEINE 24 HOURS PRIOR TO YOUR STUDY**: NO coffee, tea, chocolate, soft drinks containing caffeine, or decaffeinated beverage (**decaffeinated beverages still contain caffeine.**) Caffeine may alter your scan results, therefore making them unreliable.
- **Stay hydrated!** Please drink a few glasses of water before your exam.
- You may eat a light breakfast up to **4 hours prior to the test**, after that only water. A light breakfast means no meat or eggs.
- No smoking 8 hours prior to your test
- **Insulin dependent diabetics** that are scheduled after 10:00 a.m. may take half of your diabetic medications.

Consents/Risks:

- There are risks and hazards with any procedure. Associated with these tests, including but not limited to, cramping of muscles, stumbling or falling on the apparatus, dizziness, fainting, abnormal change in blood pressure, abnormal change in heart beat and/or heart rhythm, chest pain, or heart muscle injury.
- If you are pregnant or think you might be pregnant, you **must** notify the office. This test may not be appropriate to a patient who is pregnant since its administration could be dangerous to an unborn fetus.
- Consents will be signed at the time of the test.

Products That Contain NO Caffeine:

- Celestial Seasonings Herbal Tea (all varieties)
- Celestial Seasonings Herbal Iced Tea (bottled)
- Lipton Soothing Moments Peppermint Tea
- 7-UP or Diet 7-UP
- Barqs Diet Root Beer
- Caffeine-free Coca-Cola or Caffeine-free Diet Coca-Cola
- Caffeine-free Pepsi or Caffeine-free Diet Pepsi
- Minute Maid Orange Soda
- Mug Root Beer
- Sprite or Diet Sprite
- Stonyfield Farm Cappuccino Yogurt