



NUCLEAR MEDICINE STRESS TEST

YOUR PHYSICIAN HAS REFERRED YOU TO HAVE A NUCLEAR STRESS TEST. PLEASE READ THIS BEFORE YOUR EXAM.

Patient's Name:	
Appointment Date:	
Appointment Time:	

If you must cancel your procedure, please call before 3pm the day before your test or you will be charged a \$150.00 fee to cover the cost of the medication that is not covered by your insurance.

If you do not follow the instructions for your test you will also be charged a fee of \$150.00 to cover the cost of the medication that is not covered by your insurance.

Why Am I Having A Nuclear Stress Test?

Your doctor has ordered this exam to evaluate the circulation of blood into your heart muscle in a non-invasive way. By providing a detailed look at the coronary artery circulation and heart muscle, the images taken during the test will help your doctor determine the best course of treatment for you.

Preparation For The Nuclear Stress Test

1. Arrive at The Pichardo Clinic at the scheduled time. (Bring this sheet with you.)
2. Do not eat or drink anything (including water, gum, mints, etc.) 4hours prior to your appointment time. Avoid all medications and foods on the included list. Failure to comply can result in an incorrect impression of the images taken during the procedure.
3. Diabetics- bring your medications and insulin with you in case of an emergency; Insulin Dependent- you must eat 4hours prior to your test and only take ½ the dose of your normal insulin; Oral Diabetic Medications- do not take your medications
4. If you have medications to take prior to the test that are not on the list, please take them with only a small sip of water.
5. Do not wear large necklaces, medallions, or lapel pins the day of the test. If you are scheduled to walk on the treadmill please wear sneakers (no sandals or loose fitting shoes). Please wear comfortable walking attire with no metal buttons on your shirt.
6. Expect the test to take approximately 4hours total. If you have an appointment elsewhere for the same day, please allow yourself proper time to have the test completed at this office. You may wish to bring a book.



What Happens During The Test?

The test begins with an IV placed in your arm and you will be injected with a radiotracer. You will wait in the waiting room for approximately an hour after injection. For the images, you will lie on an imaging table and the camera will rotate around your chest, this will take 15-20minutes. This portion is referred to as your 'resting' pictures.

Next you will be prepared for the actual 'stress' portion. Depending on your medical history and medications you are taking, it will be determined what type of test is right for you as the patient; either the Treadmill Stress Test or the Chemical Stress Test. You will have electrodes for an EKG placed on your chest to monitor your heart response before, during, and after the test. Your blood pressure will also be monitored at this time.

- a. For the Treadmill Stress Test you will be asked to walk on the Treadmill at a slow and steady pace. The treadmill will gradually increase in height and speed according to a standard protocol; until a predetermined heart rate is achieved. (If at any time you begin to experience chest discomfort, shortness of breath, nausea, dizziness, leg pain, or fatigue; notify the technologist immediately)
- b. For the Chemical Stress Test you will sit in a chair where you will be given an injection that will last 4 minutes and will simulate the same physiological effects as is you were walking on a treadmill.

The IV will then be removed from your arm. Bring a snack with you, this is highly recommended to possibly shorten imaging time and acquire better images. (No caffeine or nicotine is allowed during this interval). Your snack may consist of water, milk, or juice; and a sandwich, muffins, or crackers. After waiting approximately 1hour, another set of pictures will be taken which will be 15-20minutes.

If you are pregnant, think you might be, or even breast-feeding, you must notify our office staff immediately.

If you have any questions please call The Pichardo Clinic at (863) 421-9447.

Patient Signature: _____

Date: _____

Office Staff Signature: _____