

ARUNDEL HEART ASSOCIATES, P.A.
7845 Oakwood Road, Suite 106, Glen Burnie, MD 21061
Questions or Cancellations: 410-760-5100 or 410-768-0919

Day/Date of Test: _____ **Time:** _____

2 DAY: NUCLEAR STRESS TEST INSTRUCTIONS

Effective March 1, 2017 there will be a \$50 No-Show Fee. If you do not call or cancel your appointment 24 hours before your appointment time, you will be charged \$50. We must order radioactive doses for your imaging in advance.

Allow 2 hours for the 1st day and 3 hours for the 2nd day to be in our office for your stress test and imaging. Unpredictable situations may occur extending this length of time.

On Day 1:

- 1. NO CAFFEINE 24 hours prior to your test !!!**
(this includes Decaffeinated drinks, coffee, tea, soda, colas, Mountain Dew and chocolate). Gingerale does not contain caffeine. If you unsure, do not drink it. Caffeine can alter the test results. Attached is a list of medications containing caffeine, these medications should also be stopped 24 hours prior to the test.
- 2. BREAKFAST:** If appointment is in the morning, only have water, juices or gingerale. **NO CAFFEINE.** Drink at least 2 glasses before the appointment, because we do have to start an IV.
If appointment is after 12:00, eat a regular breakfast before 8 AM. Drink at least 2 glasses of water or gingerale before the appointment. **PLEASE BRING FOOD** (a snack, sandwich, crackers, or fruit) and a caffeine drink with you **IN THE BUILDING** to the appointment (do not drink the caffeinated drink until instructed). Eating improves the imaging, it is necessary for the test.
- 3. MEDICATIONS:**
 - If you are walking the treadmill, stop BETA BLOCKERS 24 hours prior to your test. A list of beta blockers are attached.
 - If you are not walking the treadmill, stop AGGRENOX/PERSANTINE or THEOPHYLLINE/AMINOPHYLLINE for 48 hours prior to your test.
- 4. BRING MEDICATION LIST:** As well as Insurance card and Referral.
- 5. CLOTHING:** Wear clothes for exercise if you are walking the treadmill. Wear appropriate shoes. No jewelry around your neck or metal buttons on your shirt for the imaging. Wear a short-sleeved shirt because you will be given an IV and will require frequent blood pressure readings. It is OK to wear your hearing aides and an underwire bra.
- 6. HYGEINE:** No lotions or powders on your chest.

On Day 2: If appointment is in the morning, only have water, juices or gingerale. Drink at least 2 glasses before the appointment, because we do have to start an IV.
If appointment is after 12:00, eat a regular breakfast before 9 AM.

NUCLEAR STRESS TESTING

What is a stress test? A nuclear stress test measures the blood flow to your heart at rest and while your heart is working harder as a result of exercise or medication. The test provides images that can show areas of low blood flow through the heart and damaged heart muscle. The test usually involves taking two sets of images of your heart — one while you're at rest and another after your heart is stressed, either by exercise or medication.

Why is a stress test done? To diagnose coronary artery disease. Your coronary arteries are the major blood vessels that supply your heart with blood, oxygen and nutrients. Coronary artery disease develops when these arteries become damaged or diseased — usually due to a buildup of deposits called plaques. If you have symptoms that might indicate coronary artery disease, such as shortness of breath or chest pains, a nuclear stress test can help determine if you have coronary artery disease.

HOW LONG WILL IT TAKE? The average total time you will be at our office is 4 hours. Based on your weight, your stress test may be done in 2 Days. If this applies to you, STEP 1-2 are completed on Day 1 (total 1.5-2 hours each day).

STEP 1: When you first arrive, your medical history will be obtained and an IV will be inserted. Myoview (a radioactive tracer needed for the imaging of your heart- no side effects) will be injected.

STEP 2: 1 hour after the injection, the first set of images will be taken (your heart at rest). The imaging takes 15-20 minutes.

STEP 3: After the 1st set of images, your stress test will be performed with the doctor present. Depending on your medical history you will either walk on a treadmill or receive one of these medications: Persantine or Lexiscan which are based on your weight and history. Towards the end of the stress test you will be injected a 2nd time with Myoview for your 2nd set of images (your heart under stress).

STEP 4: After the stress test, you will wait in the waiting room for 45 minutes to 1 hour for your 2nd set of images. At this time you will eat and drink your food you brought.

STEP 5: Take a deep breath! Your stress test is over! The doctor will notify you of your results, usually within 2-3 business days.

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Caffeine should be avoided 24 hours before the stress test	Chocolate or cocoa products in candy, cakes, brownies, pudding, chocolate milk, hot cocoa, etc.; coffee and tea including brewed, instant, iced, and decaffeinated; soda pop, including those labeled “caffeine-free”; diet supplements including energy bars, energy drinks, and products containing guarana.
Drugs containing caffeine should be avoided 24 hours before stress test.	Anacin Excedrin Migraine, Vivarin, NoDoz, Cafergot, Esgic, Fioricet, Fiorinal, Norgesic or Norgesic Forte, Synalgos-DC, Wigraine
Drugs containing Theophylline – do not take 48 hours prior to study.	Aerolate, Constant-T, Elixophylline, Respbid, Slo-bid, Slo-Phylline, Tedral SA, Theo-24, Theoclear, Theo-Dur, Theolair, Theo-Organidin, Thei-Sav, Theostat, Theo-X
Drugs containing Dipyridamole (Persantine) – do not take 48 hours prior to study.	Aggrenox, Permole, Persantine
Beta Blockers- stop your Beta Blocker the night before and morning of test only if you are walking the treadmill.	Atenolol, Beta Pace (Sotalol), Lopressor (Metoprolol Tartrate), Toprol (Metoprolol), Coreg (Carvedilol), Blocadren (Timolol Meleate), Cartol (Carteolol HCL), Corgard/Corzide (Nadolol), Inderal/Inderide (Propranolol HCL), Levatol (Penbutolol HCL), Sectral (Acebutolol HCL), Tenormin/Tenoretic, Timolide (Timolol HCL), Visken (Pindolol), Bystolic (Nebivolol).