

## Dignity Health Medical Group – Golden Empire Cardiology

### NUCLEAR STRESS TEST EXAMINATION PREPARATION

#### SPECIAL INSTRUCTIONS TO PATIENT

- Do not eat or drink six hours prior to procedure.
- Do not take medications, including Nitro Patch, on the day of the test unless instructed to.
- Bring appropriate attire for walking quickly or running.
- Wearing a button up or loose fitting shirt is preferred for patient comfort.
- Please hold the following medications 48 hours prior to the scheduled test: **TENORMIN, ATENOLOL, LOPRESSOR, METOPROLOL, KERLONE, BETAPACE, SECTRAL, COREG, CARVEDILOL, INDERAL, PROPRANOLOL, TOPROL, BYSTOLIC, and AGGRENOX. PLEASE HOLD ALL BETA BLOCKERS.** Questions re: medication, call office
- Please wear no perfume, cologne or lotion.
- No caffeine 24 hours prior to test including chocolate, tea and coffee!
- No smoking for at least six hours before procedure.
- 24 hours' notice is required if you choose to cancel this scheduled procedure to avoid charges to your account for unused pharmaceuticals. This examination typically takes approximately 3 to 4 hours to complete. You may bring something lite such as crackers or a sandwich to eat after the pharmacologic part of the examination is complete, or if you prefer you will have time to go out and eat something. During the examination the patient only will be brought back to our nuclear facility waiting area. Family members are welcome to wait in our main lobby waiting area.
- The examination room is kept at a cool temperature. Please bring a sweater or jacket.

#### WHAT TO EXPECT ON DAY OF PROCEDURE

1. Arrive for your procedure at your scheduled appointment time.
2. The technician will place an IV in your arm or hand.
3. You will be injected with radioisotope called Myoview.
4. You will be required to wait for 30-45 minutes to allow isotope to circulate into the heart.
5. After the 30-45 minute wait you will have the first set of pictures done which takes 15 minutes.
6. After the initial images, you will be hooked up to the EKG machine and the stress portion of the examination will be performed. If you cannot exercise on a treadmill then an injection of Lexiscan will be given in place of walking on the treadmill.
7. A second injection of radioisotope is given.
8. At this point in the examination you will have another 30-45 minute wait. You may eat a snack or leave to get something to eat. Medications can be taken at this point. If you choose to have food brought in, please notify the technician.
9. After the waiting period you will be placed back on the camera and the second set of pictures will be taken.