

# MIDWEST CARDIOLOGY ASSOCIATES, P.C.

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## NUCLEAR MEDICINE STRESS TEST

Your physician has recommended a *Nuclear Stress Test*. This is done in order to show if any part of the heart muscle is deprived of blood flow and oxygen under conditions of stress or exertion. Such insufficient circulation often results from Coronary Artery Disease. If present; treatment may include diet, medications, or procedures designed to re-establish adequate blood flow to the heart.

**DO NOT TAKE ANY CAFFEINE (Coffee, tea, Mountain Dew, cola or chocolate), 24 hours prior to test, this includes decaffeinated products.**

**AM patients refrain from food and drink after midnight prior to exam. You may have a sip of water with your morning medications.**

**PM patients**, you may have a light breakfast; dry toast, English muffin, or bagel, and/or fresh fruit (no dairy products, no fatty foods). You may also have a low pulp juice or water. ***Please consume this meal 5 hours prior to your test and do not eat or drink after this time.***

**TAKE YOUR MORNING MEDICATIONS AS USUAL. Bring a list of your medications with you. Diabetics see instructions below.**

***Insulin Dependant Patients:*** Take your blood sugar in the AM on the day of the test. Bring your glucometer and insulin with you. If your test is in the AM, you may have water or fruit juice. If your test is in the PM, you may have a light breakfast (dry toast/fruit) and take your insulin.

***Diet or Pill Controlled:*** Take your blood sugar and bring your glucometer with you. If your test is in the AM, you may have water or fruit juice. If your test is in the PM, you may have a light breakfast (dry toast/fruit).

***Wear comfortable clothing, with no metal or snaps in the chest area. Women, please wear a 2 piece outfit. PLEASE BE ADVISED WE WILL BE STARTING AN IV THAT WILL REMAIN THROUGH OUT THE TEST.***

The exam will take ***approximately 3 hours***. You will receive two Nuclear Medicine imaging agents and two separate scans. If you are unable to exercise on the treadmill, you may also receive a drug Dobutamine or Adenosine. Some people will experience side effects of brief duration from the Dobutamine/Adenosine injection. ***Report any symptoms to the staff who will be monitoring you.***

After completion of the study, you should be able to drive and resume usual diet, activity and medications.

You can expect to receive a report on the results either through a scheduled office visit or a card in the mail. Please call the appropriate office if you did not receive results or if you have any questions.

DATE \_\_\_\_\_

TIME \_\_\_\_\_

LOCATION \_\_\_\_\_

OFFICE PHONE # \_\_\_\_\_

### NOTE:

**24 HOUR NOTICE MUST BE GIVEN TO CANCEL YOUR APPOINTMENT OR YOU WILL BE CHARGED FOR THE INJECTION**