

## Instructions for Nuclear Stress Test

Your doctor has recommended that you have a nuclear stress test. This test will help determine whether your heart arteries have become narrowed or blocked as a result of coronary artery disease and may help your doctor to choose the best course of treatment.

### **PREPARATION**

1. Be sure to tell your doctor if you have any of the following:
  - a. Asthma, Emphysema, Chronic bronchitis, Chronic lung disease or wheezing
  - b. Allergy to Adenosine(Adenocard or Adenoscan), Dipyridamole(Persantine) or Theophylline
  - c. If you take any of the following medications: inhalers, Constant T, Dipyridamole, Persantine, Primatene, Quibron, Slow-bid, Slo-Phyllin, Theo-24, Theo-Dur, Theophylline or Trental.
2. \* If your test is before 10:00 in the morning, you should have nothing to eat or drink after midnight except water.  
\* If your test is after 10:00 in the morning, you may have a light breakfast before 8:00 am, (i.e. toast, cereal, juice, milk), then nothing to eat or drink after 8:00 am **except water.**
3. 24 hours prior to your test do not eat or drink any foods or beverages containing caffeine. Even products claiming to be "caffeine free" may have trace amounts of caffeine. Avoid chocolate, tea, coffee, decaf coffee and soft drinks.
4. 24 hours prior to your test do not take medications containing caffeine. These include: Anacin, BC powder, Excedrin, No Doz, Cafergot, Darvon, and Florinal(Fiorocet).
5. Bring all medications (prescription, over-the-counter, vitamins, eye drops, injections, inhalers and patches) with you.
6. Wear loose fitting, comfortable clothes and shoes. Avoid wearing a single piece outfit such as dresses or coveralls.
7. If you are a diabetic, ask for special instructions for taking your medications the day of the test. Otherwise take your usual morning medication with small amount water.
8. Please bring a bag lunch to be eaten after the stress portion of your test is complete.
9. Please be aware that this test, if done in one day, takes **4-5 hours**.

### **THE TEST**

You will have TWO scans of your heart done. First, you will have an IV placed in a vein in your arm in order to receive an injection of radioactive tracer (Cardiolite or Myoview) for the first scan of your heart at rest. Then there may be a one hour wait between the injection and the resting scan. The scan involves sitting with an armrest at the level of your chin, while the chair slowly rotates around a special camera in order to take images of your heart for approximately 20 minutes.

#### **\_\_\_ REGADENOSON ( NO Caffeine such as food, drinks or medications)**

After the resting scan, you move to another room for your stress test. You will be seated while your electrocardiogram (ECG/EKG) and blood pressure are monitored. Through your IV, you will receive a short infusion of Lexiscan (stress medication). During the infusion, you will receive a second injection of radioactive tracer (Cardiolite or Myoview) for your stress scan. After the stress test, your IV is removed. There is a one hour wait between the stress injection and the stress scan. The total test time is approximately four hours.

The Regadenoson medication may cause some side effects. In most cases, stopping the Regadenoson medication reverses the effects. The possible side effects include but are not limited to: chest discomfort, shortness of breath, headache, flush, dizziness, nausea, changes in heart rate and blood pressure. Tell the medical professional if you have any side effects during the Regadenoson infusion.

#### **\_\_\_ TREADMILL**

You will walk on a treadmill that will gradually increase in speed and incline at certain intervals. Your electrocardiogram (ECG/EKG) and blood pressure are monitored. Through your IV, you will receive a second injection of radioactive tracer (Cardiolite or Myoview) for your stress scan. After the stress test, your IV is removed. There may be a one hour wait between the stress injection and the stress scan. The total test time is approximately four hours.

#### **\_\_\_ DOBUTAMINE**

You will sit in a recliner while your electrocardiogram (ECG/EKG) and blood pressure are monitored. Through you IV, you will receive an infusion of dobutamine, which will be followed by a second injection of radioactive tracer (Cardiolite or Myoview) for your stress scan. After the stress test, your IV is removed. There may be a one hour wait between the stress injection and the stress scan. The total test time is approximately four hours.

- **No Caffeine 24 hrs prior to your test!!!**
- **Drink LOTS of water prior to your test!!!**
- **Nothing to eat at least 2-3 hours prior to your test!!**



---

2459 Emerald Place, Ste. 102, Greenville, NC 27834 | P: 252.757.3939 | F: 252.757.3973 | [www.carolina-clinic.com](http://www.carolina-clinic.com)