



2311 M Street, NW
Suite 101
Washington, DC 20037
(202) 466-3000 Office
(202) 466-3001 Fax

Shawn Howell, M.D., F.A.C.C., F.S.C.A.I.
Interventional Cardiology

NUCLEAR STRESS TEST PREPARATION INSTRUCTIONS

*****If you are unable to keep this testing appointment, you MUST call 24 hours prior to test to cancel*****

IMPORTANT: Please **CAREFULLY** read and comply with all instructions in order to avoid rescheduling.

**Please report to Capital Cardiovascular Specialists, PLLC at:
2311 M Street NW Suite 101 Washington, DC 20037
on (day) _____ at (time) _____**

Your physician has ordered a nuclear stress test. This is a noninvasive method of detecting heart disease. It is used to evaluate patients who have chest discomfort, to monitor heart function in patients with known heart disease, or to evaluate the progress of patients who have had previous angioplasties or stents.

TEST PREPARATION

*** DO NOT TAKE THE FOLLOWING MEDICATIONS 24 HOURS PRIOR TO THE TEST:**

Toprol XL, Lopressor, Metoprolol, Atenolol, Tenormin, Coreg, Carvedilol, Inderal or Propranolol. (see also page 3)

*** NO CAFFEINE 24 HOURS** prior to testing. This includes: Coffee, pop/soda, chocolate, cold medications, etc. ANY product that might contain caffeine.

THE DAY OF THE TEST

- Nothing to eat or drink 6 hours before the test. You **MAY** drink water in any amount.
- Please wash chest area and avoid oil, lotion, powder and perfume. Wear a comfortable two-piece outfit; avoid wearing dresses, jumpsuits or shirts with metallic buttons or zippers on the chest area.
NOTE: Exam area tends to be cold. You may want to bring a sweater or blanket.
- Wear comfortable walking shoes or sneakers.
- Bring a current list of medications and dosages.
- Bring your insurance card.
- **Nitroglycerin patches must be taken off 1 hour before testing.**
- If you are diabetic, please talk with your ordering physician about restrictions.
- Do not take any of your medications the morning of the test, but bring all morning medications with you as you will take them after the stress portion of the test is completed.
- **AFTER** stress testing has been completed, snacks will be provided, however if you have any **dietary restrictions**, i.e. diabetic or gluten sensitivities, you may want to bring your own snack.
- **Bring your scheduled cardiac medications with you, to take as directed by the technician after the test.**



TESTING PROCEDURE

Rest Portion

- * You will be given an explanation of the test and asked to sign a consent form.
- * A nuclear medicine technologist will start an IV in either your hand or arm.
- * A small amount of radioactive tracer will be injected through the IV.
- * You will be asked to wait approximately 30-60 minutes before imaging will occur.
- * When imaging occurs you will be asked to sit on an imaging chair with both arms above your head. Your chest area will be surrounded by a nuclear camera.
- * Images of your heart will be taken with the camera as it rotates around your chest in a circular fashion.
- * Imaging time is approximately 15-20 minutes.

Exercise Portion

- * An exercise physiologist will place electrodes on your chest and connect wires to an EKG machine to monitor your heart rhythm.
- * A blood pressure (BP) cuff will also be placed around your arm to monitor your blood pressure throughout the exercise portion.
- * The treadmill will start slowly at first and will gradually increase in speed and incline.
- * Your BP will be checked frequently and your EKG will be continually monitored.
- * Once your heart rate reaches 85% of predicted maximum, a second injection of the radionuclide will be injected through the IV by the nuclear medicine technologist.
- * You will be asked to continue exercise for at least one minute after the injection. Exercise as long as you can since that increases the accuracy of the test.
- * When the exercise portion is completed, your BP and EKG will be monitored for several more minutes.
- * You will sit in the camera for a second set of images after a wait period of 30-60 minutes. These images will again take approximately 15 minutes to acquire.

PLEASE ALLOW 3 HOURS FOR THE ENTIRE TEST TO BE COMPLETED



Must be discontinued for 24 hours prior to appointment (also check the label)

Caffeine and decaffeinated food products & beverages: Energy drinks
Coffee: any kind, brewed instant, or iced
Tea: any kind, brewed instant, or iced
Decaffeinated Coffee and Tea: any kind, brewed, instant, or iced
Chocolate: candy, cake, baking cocoa, pudding, milk, brownies, dark, baker's, semisweet, ice cream
Soda Cola: Coke, Diet Coke, Pepsi, Diet Pepsi, Mountain Dew, Dr. Pepper, Diet Dr. Pepper, Tab, Jolt, Mellow Yellow,
Common & OTC Drugs: Anacin, Cafergot, Darvon Compound, Esgic, Exedrin, Fioricet, Fiorinal, Migraine Medications, No-Doz, Norgesic, Norgesic Forte, Vivarin

Do not take the following medications 24 hours prior to your test

Aerolate	Slo-Bid Gyrocaps	Theo-Dur
Aggrenox	Slo-Phyllin Grocaps	Theo-Dur Sprinkle
Bronkodyl	Sustaire	Theolair-SR
Constant-T	Theo-24	Theospan- SR
Elixophyllin SR	Theobid Duracap	Theovent-L.A.
Persantine (Dipyridamole)	Theobid Jr. Duracap	Trental
Quibron-SR	Theoclear L.A.	Uniphyll
Respid	Theochron	

Do not take the following medications after 12 noon the day before your test

Acebutolol	Diltiazem	Sotalol
Atenolol	Inderal, Inderal LA	Tarka
Betapace	Inderide, Inderide LA	Tenormin
Betaxolol	Isoptin	Tenoretic
Bisoprolol	Kerlone	Tiazac
Blocadrem	Labetalol	Timolol
Bystolic	Levatol	Toprol, Toprol XL
Calan	Lopressor, Lopressor HCT	Trandate
Cardizem	Metoprolol	Verapamil
Cartia	Nadolol	Verelan (SR)
Carvedilol	Nebivolol	Visken
Coreg	Penbutolol	Zebeta
Corgard	Pindolol	Ziac
Covera	Propranolol	
Dilacor	Sectral	