



Nuclear Medicine Stress Test

Christie Clinic Cardiac Diagnostics
101 W. University Ave.
(217) 366-1304

Patient's Name _____

Date of Procedure _____

Appointment Time _____

If you are unable to keep your appointment, please **cancel at least 24 hours before your scheduled time** by calling (217) 366-1285. The isotope is ordered the day before your test and cannot be reused.

What should I expect during the procedure?

The test, start to finish, will take about 3-4 hours to complete. Please make arrangements to be here for that entire time. An IV will be placed in a vein in your arm. A small amount of radioactive tracer (isotope) will be injected through the IV. After a short wait period (approx. 45 min), a special camera will take picture of the tracer in your heart. These images give the doctors detailed information about the blood flow to your heart. After the images, you will have your stress test which may be done with exercise or with a chemical called Lexiscan. A second injection of the tracer will be given to you during the stress test when your heart is at its peak blood flow. There will be another small waiting period and a second set of images will be acquired. When the test is over you may eat and return to your normal activities.

DO NOT EAT OR DRINK, EXCEPT FOR WATER, FOR 6 HOURS PRIOR TO THE TEST. Avoid any strenuous physical activity on the day of the test. If you are a smoker, don't smoke for at least 3 hours before the test.

NO DRINKS, PRODUCTS OR MEDICATIONS CONTAINING CAFFEINE FOR 24 HOURS BEFORE THE TEST. (Example: NO coffee, tea, soda, No Doz, Excedrin, chocolate, including decaffeinated beverages)

If scheduled for an EXERCISE stress test the following medications should be discontinued 24 hours prior
Toprol, Metoprolol, Propranolol, Atenolol, Bisoprolol, Verapamil, Coreg (Carvedilol), Inderal, Sotolol.

If scheduled for a CHEMICAL stress test the following medications should be discontinued 48 hours prior
Theophyllin, Verapamil, Dipyridamole, Aggrenox

Wear loose and comfortable clothing and shoes or sneakers suitable for exercise.

How do I get the results?

- Your physician will contact you by phone or mail as soon as your test results are received and reviewed.
- Please return for a follow-up appointment with:
Dr. _____

on _____ at _____

If you do not get your results within two weeks, please contact your physician's office.