

ATRIA HEART

CARDIAC CLINIC & WELLNESS CENTER

NUCLEAR STRESS TEST PATIENT INFORMATION

(Treadmill, Lexiscan or Dobutamine Cardiolute)

YOUR TEST IS SCHEDULED ON: _____ AT _____ AM/PM

Please read the following information carefully and follow all instructions on next page

What is a Nuclear Stress Test?

A nuclear stress test is an exam that provides information about the coronary blood flow to the heart muscles. This test was ordered to observe whether the heart muscles are receiving adequate blood supply. An IV will be started to allow for two injections of a small amount of a nuclear tracer which allows imaging of your heart under a gamma camera. Images are taken after an initial injection while your heart is in a resting state and then again after your stress test. If you are unable to exercise, you may be given a medication to simulate exercise. This exam typically requires about 2-3 hours completing.

*****SPECIALLY PREPARED MEDICATION IS REQUIRED FOR YOUR TEST. THESE TIME SENSITIVE MEDICATIONS ARE ORDERED FOR YOU 24 HOURS BEFORE YOUR EXAM. A 24 HOUR CANCELLATION NOTICE IS REQUIRED TO AVOID A CHARGE OF \$200.00 FOR YOUR MEDICATIONS (INSURANCE WILL NOT COVER THIS COST)*****

Please fill out the following information:

Patient Name: _____ Date of Birth: _____ Age: _____

Height: _____ Weight: _____ Sex: Male Female

Cardiologist: _____

Primary Care Physician: _____

Patient History and Symptoms: (Please check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Abnormal EKG / Arrhythmia | <input type="checkbox"/> Congestive Heart Failure |
| <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Family History of Heart Disease |
| <input type="checkbox"/> Previous Heart Attack | <input type="checkbox"/> Chest Pain Shortness of Breath |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Palpitations Dizziness |
| <input type="checkbox"/> Bypass Surgery (for heart only) | <input type="checkbox"/> Fatigue Fainting/ Near Fainting |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Coronary Artery Disease |
| <input type="checkbox"/> Stents (for heart only) | <input type="checkbox"/> Asthma/COPD/ Emphysema |
| <input type="checkbox"/> Pre-op Clearance | |

For females only:

Bra size: _____ Do you have breast implants? Yes _____ No _____

Are you pregnant? Yes _____ No _____ Are you breastfeeding? Yes _____ No _____

If there is any chance that you are pregnant, please inform the technologist prior to your test

NUCLEAR STRESS TEST INSTRUCTIONS

*****PLEASE FOLLOW INSTRUCTIONS CAREFULLY TO AVOID RESCHEDULING*****

PLEASE ALLOW FOR 2 – 4 HOURS FOR THE EXAM

PLEASE DO NOT BRING CHILDREN TO THIS APPOINTMENT

♥ NO CAFFEINE FOR 24 HOURS BEFORE YOUR TEST!

This includes coffee, decaf coffee, tea, decaf tea, soda, chocolate, migraine medications (Excedrin, Anacin, etc.), and energy drinks. This even includes products stating decaf or caffeine free.

♥ NO BETA-BLOCKERS FOR 24 HOURS BEFORE YOUR TEST

Beta-blockers may include the following medications: metoprolol, atenolol, toprol, lopressor and bystolic, etc. If you are instructed to stay on your medicine by your physician, please follow his/ her instructions. We will call to review your medications with you and go over any questions at that time.

♥ NOTHING TO EAT FOR 4 HOURS BEFORE YOUR TEST

If you are diabetic or hypoglycemic, you may follow your diabetic diet and eat lightly up to 2 hours before your test. However, please do not have any heavy meals before the test.

- ✓ Stay well hydrated with water the day of and the day before your test to help with IV insertion
- ✓ Wear comfortable clothing and walking shoes, and please avoid the following:
 - × *One piece dresses*
 - × *Jumpsuits*
 - × *Suspenders*
 - × *Shirts with metal on them*
 - × *Large necklaces or chains*
- ✓ If you are a new patient, please bring your ID, insurance cards and a list of your medications
- ✓ Please arrive 15 minutes early to check in for your appointment
- ✓ A snack will be provided for you after the stress portion of your exam, if you would like, you may bring your own snack to eat when instructed

The Nuclear Stress test takes a minimum of 2 hours, but could take up to 4 hours

Please schedule time accordingly

Please remember, only patients will be allowed into to the testing area

Two days before your exam, someone from our office will contact you to confirm your appointment. He or she will review the instructions regarding your medications and answer any questions you may have. If your test is scheduled for the following day and we have not yet contacted you, please call the testing department with any questions at the following numbers:

Atria Heart- Office Phone (480) 718-5072