

Olympia Multi-specialty Clinic

406-A Black Hills Lane SW, Olympia, WA 98502, Tel. (360) 754-1737

Nuclear Stress Test Instructions

Patient Name: _____

Your Nuclear Stress Test has been scheduled for _____ at _____
(Date) (Time)

☐ Olympia Multi-specialty Clinic ☐ Capital Medical Center ☐ St. Peter Hospital

INSTRUCTIONS:

- (1) Avoid caffeine (coffee, tea, chocolate, cola, etc.) after 6:00 p.m. the evening before the test. For afternoon appointments, no caffeine after midnight.
- (2) Do not eat or drink anything except water after midnight the night before the test or after 8:00AM for afternoon appointments.
- (3) Please try to drink 2 glasses of water one hour before the test.
- (4) Do not smoke or chew tobacco products for 2 hours before, or during, the test.
- (5) ☐ **Insulin dependent Diabetic Patients:** Hold your regular (short-acting) insulin and take ONE HALF of your usual long-acting (NPH, etc.) insulin the morning of the test. For afternoon tests, take medications as usual.
- (6) ☐ If you take **medicine for high blood pressure, heart or lung disease**, your cardiologist or internist may want you to hold one or more of them for a period of time before the test:
 - a. ☐ **Beta Blockers:** Hold _____ for _____ before the test.
 - b. ☐ **Calcium Channel Blockers:** Hold _____ for _____ before the test.
 - c. ☐ **Lung Medications:** Hold _____ for _____ before the test.
 - d. ☐ O.K. to take all of your medications the morning of the test.
 - e. ☐ **Hold all** of your medications the morning of the test.
- (7) Wear comfortable, loose fitting clothing (no skirts or dresses; avoid metal on the chest, including underwire bras, jewelry) and bring comfortable shoes to walk/run in, unless you are scheduled for a non-walking (Adenosine) stress test.
- (8) Bring a list of all of your current medications, including doses and schedule.
- (9) Bring your health insurance information with you (insurance card and any necessary forms).
- (10) It will take approximately 3-4 hours to complete all parts of the test. You may want to bring something to read (book, crossword puzzle, etc.) as a fair amount of time will be spent in the waiting room. Also, bring a high fat snack (cheese, yogurt, etc.) that we will ask you to eat during one part of the test.
- (11) If you do not have a follow-up office visit scheduled, you should receive a report of the results within a week. If not, please call our office to review the study.

Reviewed with patient on _____ Patient Initials: _____ Nurse Initials: _____

Summary of testing procedure:

When you arrive for your test, an intravenous (i.v.) line will be inserted into your arm, after which a small amount of a radioactive tracer (Myoview) will be injected in order to track the blood flow. A short while after injection of the tracer, you will be placed on an imaging table for approximately 20 minutes while a special camera rotates around your chest to record images of the blood flow to your heart. It is important for you to remain motionless while the pictures are being taken.

After completion of the initial scan, you will be prepared for the stress portion of the test. Several electrodes (small foam pads) will be placed on your chest so that your EKG can be continuously monitored. A blood pressure cuff will also be placed on our arm.

[] If your doctor has scheduled you for an **Exercise Stress Test**, you will begin by walking on the treadmill at a slow pace. The speed and incline of the treadmill will increase every 3 minutes according to the protocol your doctor has prescribed for you. Approximately one minute before you reach the end of exercise, an additional injection of the radioactive tracer that you had previously received will be given to you through the i.v. in your arm. Following a 30 minute waiting period after completion of exercise, your heart will be re-scanned for approximately 20 minutes, after which the test is complete and you will be able to go home. The full results of the test will not be ready until the images are processed and reviewed by the doctor later in the day.

[] If your doctor has scheduled you for a **Chemical Stress Test**, a medication (Lexiscan) will be infused through your i.v. This medication increases the blood flow to your heart, simulating the effects of walking on the treadmill. You may experience a variety of unpleasant sensations during the infusion, including chest pain, shortness of breath, headache, or nausea. These effects are a normal occurrence for many patients receiving Lexiscan and do not indicate a problem with your heart. Any side effects that you may encounter will typically resolve within 1-2 minutes after injection. Lexiscan is injected over a 10-second timeframe and the radioactive tracer (myoview) is injected 20 seconds afterward. Following a 45 minute waiting period after the injections, your heart will be re-scanned for approximately 20 minutes. The test will then be complete and you will be able to go home. The full results of the test will not be ready until the images are processed and reviewed by the doctor later in the day.