

IMPORTANT CANCELLATION POLICY

Compliance with the attached protocol is very important. Please read it in its entirety. There are certain medications ordered on a case by case basis for this test that may not be held, stored or used on other patients and may not be billed to your insurance if the test is cancelled. For this reason, failure to comply with any part of the protocol will result in a \$150 cancellation fee for the cost of the medications and your test will need to be rescheduled. If you need to cancel or reschedule your test, you **MUST** do so **AT LEAST 24 hours** prior to your check in time.

I acknowledge that I have received a copy of the Nuclear Stress Test Protocol.

Print name: _____

Signature: _____

Date: _____

Nuclear Stress Test Preparation Instructions- In Office

Please follow these instructions prior to your Nuclear Stress Test:

1. **Drink plenty of water** (unless your doctor has you on a fluid restricted diet).
2. **Do not eat or smoke** 6 hours prior to your appointment check-in time. You may continue to drink water during this time.
3. **If you are diabetic**, you may nibble on food or sip juice during the testing process to keep your sugar stable but only if necessary.
4. **Bring a snack** as you will have an opportunity to eat at some point during the test.
5. Bring your medications with you to take after the test.
6. It is okay to take your medications on the morning of the test unless they are on the list below or if your doctor has given you specific instructions about holding your medication.
7. Wear loose fitting, comfortable clothing and closed toe shoes. No metallic objects of any kind in the chest area (jewelry, pens, pins, etc.).
8. Please inform your doctor if you are planning to travel within 24-48 hours after your test.

Do not consume any Caffeine 24 hours prior to your test:

No Coffee (including decaf), No Tea (including decaf), No Soda Beverages

No Chocolate

No Headache Medicine (Certain types of Excedrin) Please check ingredients

If you are unsure if any of your medications contains caffeine, please consult your pharmacist.

Do not take any of these Beta Blockers 24 hours prior to your test, unless otherwise instructed by your physician:

Acebutolol – (Sectral)	Metoprolol – (Toprol, Lopressor)
Atenolol – (Tenormin)	Metoprolol Succinate – (Toprol XL)
Betaxolol – (Kerlone)	Nadolol – (Coregard)
Bisoprolol – (Zebeta)	Nebivolol – (Bystolic)
Carteolol – (Cartrol)	Pindolol – (Visken)
Carvedilol – (Coreg)	Propranolol – (Inderal, Innopran)
Esmolol HCL – (Brevibloc)	Labetalol HCL – (Normodyne, Trandate)
Timolol – (Blocadren)	

Do not take any of these Beta Blocker Combos 24 hours prior to your test:

Atenolol/Chlorthalidone – (Tenoretic)
Bisoprolol/Hydrochlorothiazide – (Ziac)
Metoprolol/Hydrochlorothiazide – (Lopressor HCT)
Nadolol/Bendroflumethiazide – (Corzide)
Propranolol HCL (SA) – (Inderal (SA))
Timolol/HCTZ – (Timolide)

Do not take any of these Calcium Channel Blockers 24 hours prior to your test:

Diltiazem – (Cardizem)

Verapamil – (Calan, Isoptin)

Do not take any of these Nitrates 24 hours prior to your test:

Isosorbide Dinitrate – (Isordil)

Isosorbide Mononitrate – (Imdur, ISMO)

Do not take any of these Theophylline Derivatives 24 hours prior to your test:

Slo-Bid Gyrocaps Theo-24 Theolair

Slo-Phyllin Theo-dur

Slo-Phyllin 125 Uniphyl

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

Persantine (Dipyridamole)

Aggrenox

Diabetics:

1. If you are on insulin, please take only half of your usual morning dose.
2. If you are on an insulin pump that cannot be adjusted, please inform the technician when you arrive to your appointment.
3. If you are on an oral diabetic medication, such as Metformin, please hold your usual morning dose.

Female of Child Bearing Age:

1. If you think you are pregnant please call the office 48 hours prior to your nuclear appointment for instruction.

Glaucoma Patients:

Do not take your Prescription Eye Drops on the morning of the test.

(Please bring your medications with you to take immediately after the test)

NUCLEAR STRESS TEST FAQs

What is a nuclear stress test?

It is a diagnostic test used to evaluate blood flow to the heart. During the test, a small amount of radioactive tracer is injected into a vein. A special camera detects the radiation released by the tracer to produce computer images of the heart. There are two parts to this test: a resting portion and a stress portion.

Should I take my medications the day of the test?

You will be given a list of medications that need to be stopped 24 hours prior to the test. If any of the medications you take is on this list, you will need to hold them 24 hours prior to the test, unless otherwise specified by your physician. If you take medications that are not on this list, they are okay to continue to take, unless otherwise specified by your physician.

What should I wear for the test?

Please dress comfortably for the test and wear appropriate attire and shoes (sneakers, tennis shoes) if you will be on the treadmill. The testing room is cooler than the rest of the office so please keep this in mind when deciding what to wear.

What should I expect during the test?

The test will take between two and three hours. The test will be conducted by a licensed, specially trained nuclear technologist and supervised by a physician. The technologist will place an IV into a vein and inject a small amount of radioactive tracer. The tracing agent is not a dye or contrast so the probability of having a reaction is minimal. After the tracer is injected, there will be a waiting period of about 20 minutes before the first images – the resting part – are taken. You will be seated or lying down in the test room while the camera takes the images. This process takes about 10 minutes. The technologist will then place electrodes on your chest to monitor your EKG.

If you will be walking on the treadmill, the intensity of the exercise will increase at regular intervals until your target heart rate is reached. Then, a second dose of tracer will be injected into the IV. Your heart rate, blood pressure and EKG will be monitored throughout this test.



If you will not be walking the treadmill or are unable to reach your target heart rate, a medication will be administered to simulate the exercise portion of the test.

About 30 minutes after exercising, you will be brought into the testing room for the camera to take the second set of images. This process takes about 10 minutes.

What are the side effects?

Possible side effects include, but are not limited to: increase or decrease in blood pressure, fainting spells, leg cramps or fatigue, changes in heart rate, seizures, shortness of breath, flushing and lightheadedness, allergic reaction, headache, chest discomfort, dizziness, nausea, abdominal discomfort, metallic taste in the mouth and, on very rare occasions, heart attack or sudden death.

IMPORTANT NUCLEAR TESTING BILLING INFORMATION

There are two parts to this test: a professional component (the interpreting physician) and the technical component (the facility). You will receive a separate bill for each part. The physician interpreting the test may not be the same as the physician who ordered the test, so you may receive a bill from a physician that you might not recognize or may not have seen. Please be aware your insurance company may charge you a copay for each component. If you have questions about your policy, please contact your insurance company.