



## **Treadmill Nuclear Stress Test**

### ***Preparation Needed:***

Please read all instructions carefully and follow them exactly as outlined below. Failure to do so may result in the cancellation of your test.

1. Your scheduled test will take place at our office. Please arrange to stay at least 3-4 hours.
2. Do not eat or drink anything for four (4) hours prior to your test. You may have small sips of water if necessary.
3. If you are taking a beta-blocker medication (Iopressor, metoprolol, Toprol, Inderal, propranolol, atenolol, Tenormin, Sectral, Zebeta, Coreg, Normodyne, etc.) you must stop taking this medication 24 hours prior to your test.
4. Do not have any caffeinated drinks or caffeinated foods/medications for at least 24 hours prior to your test. This includes coffee, decaffeinated coffee (which has a small amount of caffeine), chocolate, tea, soda, Excedrin, etc. Please check labels!
5. Please wear comfortable clothing and rubber-soled shoes, preferably tennis shoes.
6. Bring something to read or do while you are waiting between each portion of your test.
7. You may bring a snack to eat after the exercise/medication portion of the test is completed.

### ***Brief Description of Test:***

A nuclear stress test is one in which a nuclear tracer is added in order to more accurately determine if there is reason to believe that significant blockage of the coronary arteries exists.

The first part of the test involves obtaining images of the heart at rest. For this purpose, an intravenous (IV) line will be inserted. A small amount of radioactive material (non-allergenic) is injected and pictures will be obtained of your heart. On the second portion of the test, your heart will be stressed through exercise or medications.

During the performance of the test a physician/nurse practitioner will keep under surveillance your pulse, blood pressure, and electrocardiogram. After the exercise or infusion of medications is completed, further images of your heart will be obtained to evaluate the heart's circulation during stress.

### ***Why Am I Taking This Test?***

Typically, your doctor requests this test in order to more accurately determine if there is reason to believe that significant blockage of the artery exists.

*Please call our office with additional questions.*