

# **Patient Prep Prior to Nuclear Stress Test:**

Please review and follow these IMPORTANT instructions to ensure the highest quality results for your Nuclear Stress Test.

1. Shower or bath the day of the day. DO NOT APPLY LOTION AND/OR POWDER TO YOUR CHEST.
2. DO NOT DRINK CAFFEINATED BEVERAGES (Soda, Coffee, Tea) TWELVE HOURS (12) PRIOR TO THE TEST.
3. Please bring your current insurance card(s) and a current list of your medications.
4. Wear loose fitting pants, a button-down shirt, and sneakers.
5. Do not take your Diabetic Medications the morning of your Nuclear Stress Test. Bring your medications with you.
6. VIAGRA should not be used for 24 hours prior to your Nuclear Stress Test.
7. Any medications that are Dipyridamole (Persantine) or Adenosine based should not be taken at least 36-48 hours prior to your Nuclear Stress Test. Please check with your pharmacist or physician.
8. If you have had a prior reaction or sensitivity to Dipyridamole or Adenosine, please advise your ordering physician.
9. If you have a history of Asthma, COPD, Pulmonary Hypertension, Systemic Hypotension, or you have had a prior reaction / sensitivity to Dipyridamole or Adenosine, please advise your ordering physician.

## **What to Expect:**

1. The Nuclear Medicine Technologist will explain the test, ask you some questions, have you sign consent forms, and then start an intravenous (IV) line in your arm.
2. A radioactive isotope will be given through your IV line in order to see an image of your heart. After the administration of the isotope, you will wait your first set of images taken after sitting approximately 45-60 minutes in order to allow the isotope to be affective. The first set of images will take about 25 minutes.
3. Your chest will then be prepped for EKG leads and your blood pressure will be monitored with the physician present. Another injection of isotope will be given.
4. After your resting period, your IV line will be removed and a final set of images will be taken. The test is now complete.

Your Nuclear Stress Test will take about 3-4 hours to complete.