

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.

Nuclear Cardiac Imaging Patient Instruction Sheet

MUGA ● Viability Study ● Myocardial Perfusion Imaging: Nuclear Treadmill Stress Test / Nuclear Pharmacologic Stress Test

Nuclear stress tests are performed in our fully accredited nuclear cardiac center located on the **4th floor of our building:**

American Heart Center's Cardiac Imaging Center

1900 Corlies Avenue (Route 33)

4th Floor

Neptune, NJ 07753

Phone: 732-660-1194

Required Instructions:

- **Do not eat or drink anything after midnight the day of your test.**
- **If you are on Diabetic Medications, do not take them the morning of test, but bring them with you.**
- **Bring a caffeine free snack & drink. NO soda, chocolate, coffee or tea-including decaffeinated.**
- **Wear a loose fitting, comfortable clothes and sneakers. Bring a sweater with you.**

Kindly provide 24 business hours notice should you need to cancel or reschedule in order to avoid a fee for the medication being ordered specially for you. This fee is not reimbursed by your insurance company.

Our regular business hours are Monday – Friday 9:00am -5:00pm.

Our office phone number is 732-663-1123.

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

You will be required to remain within the office the entire time.

Please bring a book or word puzzle to help make the time pass.

Important patient prep for your Nuclear Stress Test:

- 1. Do not drink caffeinated beverages (soda, coffee, tea) 12 hours prior to your stress test.**
2. VIAGRA should not be used for 24 hours prior to your Nuclear Stress Test.
3. 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.
4. Shower or bath the morning of your stress test. Please do not apply lotion or powder to your chest.
- 5. Do not take your Diabetic Medications the morning of your Nuclear Stress Test. Bring your medications with you.**
6. Wear loose fitting, comfortable clothes and sneakers. **Bring a jacket, sweater, and/or blanket with you**, as it is necessary to keep the imaging center cool for the equipment to run properly.
7. If you have a history of Asthma, COPD, Pulmonary Hypertension, Systematic 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 15 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.

This test takes approximately 3 - 4 hours to complete.