

NUCLEAR STRESS TESTING: TREADMILL (Walking) or NON-TREADMILL (Non-walking):

This is a specialized test for diagnosing possible blockages within the coronary arteries. The technician will verify that your physician has explained the test to you and answered your questions. An IV will be started in your arm to allow injection of a radioactive isotope. The isotope is used to image the heart and has no side effects. The isotope will be injected through the IV and you will be asked to drink several glasses of water to help the isotope circulate. After the isotope has had time to circulate through your system, it will take about 20 minutes to obtain the first set of images.

For the next part of the study, electrodes will be attached to your chest. You will be connected to an EKG machine which will monitor your heart rate and rhythm. In an *exercise* test, you will be asked to walk/jog on a treadmill until your heart reaches a targeted rate which is calculated based on a specific formula. In a *pharmacologic* (non-treadmill) test, you will be given a medication that will affect your heart in a similar manner as if you were actually exercising instead of walking on the treadmill. During this portion of the both types of test, you will be monitored by a physician or nurse practitioner.

For the treadmill test, once your heart rate has reached the predicted target, a second dose of isotope will be injected through the IV. For the non-treadmill test, once the medication has been administered, you will be given your second dose of isotope. For both types of studies, after the second dose of isotope has had time to circulate, a second set of images will be taken. This completes your test. You may resume your normal activities. If your IV site becomes reddened, swollen, painful or tender, or if you develop a fever, please call your doctor's office.

****YOUR DOCTOR MAY ASK YOU TO DISCONTINUE CERTAIN MEDICATIONS FOR 24 TO 48 HOURS PRIOR TO YOUR TEST OR HOLD SOME MEDICATIONS THE MORNING OF YOUR TEST INCLUDING YOUR DIABETIC MEDICATIONS. Please be sure to follow these instructions so your test does not have to be cancelled and rescheduled****

REMINDERS - 24 HOURS BEFORE YOUR TEST:

- **NO** smoking.
- **NO** caffeinated or decaffeinated products of any kind, including herbal tea.
- **NO** chocolate (e.g. no cola, cocoa, including white chocolate, Anacin, Excedrin).
- **NO** Viagra or Cialis.

DAY OF TESTING:

- Four hours prior to your test you may have a light snack such as juice and toast then nothing but water. Please drink several glasses of water prior to arriving for your test as it will help to hydrate you making it easier to start your IV.
- Bring all of your medications with you, including over the counter medications, vitamins or supplements.
- You may shower or bathe the day of your test and use deodorant. **DO NOT** apply lotion or powder to your chest.
- Wear loose fitting slacks or shorts, a shirt or blouse that buttons in the front and sneakers or walking shoes.
- **NO** metal underwire bras; **NO** wire or metal buttons; **NO** necklaces or chains.
- **NO** sandals, flip-flops, boots, clogs, high heels or dress shoes can be worn on the treadmill.
- Bring a light snack (sandwich, crackers, juice, etc.); you will be permitted to eat after the stress portion of your testing is complete.
- Bring a sweater or jacket with you as the office temperature is kept fairly cool.

REMINDERS:

- A TRANSLATOR MUST BE UTILIZED FOR THE ENTIRE TEST IF THE PATIENT DOES NOT SPEAK OR UNDERSTAND ENGLISH
- DIABETIC PATIENTS ON INSULIN SHOULD TAKE ½ (HALF) OF YOUR DOSE THE EVENING BEFORE THE TEST. BRING THE OTHER ½ (HALF) WITH YOU. DIABETIC PATIENTS TAKING PILLS SHOULD NOT TAKE BEFORE TEST. BRING THE PILLS WITH YOU WHEN YOU COME TO THE OFFICE. DO NOT TAKE THEOPHYLLINE or DIPYRIDAMOLE BEFORE THE TEST.

NOTE: If your test is scheduled to be done in one day, you should plan for it to take approximately five hours. If you are scheduled for a two-day study, you should plan for approximately two-three hours each day.

CANCELLATION POLICY:

The radioactive isotopes used in a nuclear stress test are prepared for each patient individually and delivered the day your test is scheduled. The materials are time sensitive and not reusable. In the event a patient arrives later than scheduled for his/her appointment, the doses may be too weak to use and have to be discarded. Doses also have to be discarded if a patient does not show up for their test or if they fail to follow the preparatory instructions (e.g. takes a medication that was supposed to be held or drank coffee). In such instances, discarded doses, costing \$220.00 per patient, will be billed directly to the patient as they are not billable to insurance under these circumstances. It is our policy that you call the office at least **48 hours** prior to your scheduled appointment to confirm or cancel your appointment.

YOUR APPOINTMENT IS: _____ AT _____.

TWO DAY STUDY APPOINTMENTS ARE:

Day #1: _____ AT _____ / Day #2: _____ AT _____.

PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR APPOINTMENT TIME TO CHECK IN.

TESTING LOCATIONS:

[] **Atlantic Cardiology:** 436 Chris Gaupp Drive, Suite 204, Galloway, NJ 08205. Phone: 609-652-0100.

[] **ARMC MAINLAND DIVISION:** 65 W. Jimmie Leeds Road, Pomona, NJ 08240. Phone: 609-652-3472.

[] **ARMC CITY DIVISION:** 1925 Pacific Avenue, Atlantic City, NJ 08401. Phone: 609-441-8072.

Patient's Name _____

Patient's Signature _____

DATE _____