



## Patient Information Sheet

### Nuclear Cardiac Exercise Stress Testing

Your physician has ordered a nuclear cardiac exercise stress test. This test may be performed for many reasons. Some of these may include: evaluation of symptoms (chest pain or discomfort, shortness of breath, arm or jaw pain), monitoring the progress of known coronary artery disease or assessment of exercise capacity. The nuclear stress test involves taking pictures of your heart so your physician is able to view your hearts response to exercise. The results will assist your physician in managing your cardiac condition.

#### Preparation for the Test

Please follow the instructions below so your test is not rescheduled:

- No caffeine or nicotine 24 hours before your test. (This includes coffee, tea, colas, and chocolate. Certain "over the counter" medications such as Excedrin contain caffeine – please check the label for ingredients).
- No food 2 hours before the test.
- Take your medications as directed with water, juice, or milk unless otherwise instructed.
- Please dress in comfortable shoes & clothing (Ladies may want to wear a front-buttoning, short sleeve shirt.
- Please do not apply lotion to your chest prior to the test.

#### Procedure

##### **Please allow 2-2 ½ hours for your test.**

- An intravenous (IV) line will be inserted into your hand or arm & will be removed after the procedure; the IV line is used to inject a small amount of radioactive material, which allows us to view your heart with a nuclear scanning camera. THE RADIOACTIVE MATERIAL USED IS TECHNETIUM-TETROFOSMIN. This is initially done in a resting condition. You will have a 30 minute wait before the first pictures are taken.

- The initial pictures will be performed on an imaging table with the camera positioned close to your chest. This will take approximately 15-30 minutes. When these are completed, you will be prepped for the exercise portion of your test.
- 10 EKG patches will be applied to your chest. These patches will be connected to a computer, which will continuously record your heart rhythm.
- EKG tracings will be done prior to the test.
- An Exercise Physiologist or a Nurse will start you walking on the treadmill.
- At predetermined intervals the treadmill will increase in speed and incline.
- Your blood pressure will be taken periodically.
- The Exercise Physiologist or Nurse will be with you for the entire test to monitor your heart rhythm, keep you informed of your progress and provide encouragement for you.
- If you experience any unusual symptoms such as chest pain, arm pain or lightheadedness, tell the staff immediately.
- One minute prior to the end of the test the radioactive material will be injected into the IV.
- You can stop walking when you feel you are no longer able to walk anymore or when the Exercise Physiologist or Nurse tells you it is time to stop.
- The treadmill will be slowed down at the end of the test so you may "cool down".
- Approximately 15-60 minutes after exercise you will be asked to lie flat on the imaging table with a camera positioned close to your chest.
- The camera will again take pictures for approximately 15-30 minutes.
- When the 2<sup>nd</sup> set of pictures is completed, your test will be complete and you will be able to leave.

## **Results**

The results of your test are interpreted by a cardiologist. Following your procedure the test results will not be immediately available. Your referring physician or family doctor will receive a written report approximately three days later.

## **Cancellation Policy**

Please note: a 48 hour notice of cancellation is requested.