

SMC Nuclear Medicine Department
(440) 934-8996

Myocardial Perfusion Imaging Test Prep Sheet
"Nuclear Stress Test"

What is a Nuclear Stress Test?: It is a test that allows your doctor to check the arteries of the heart for significant coronary heart disease. It involves the injection of a radiopharmaceutical so that the heart muscle can be imaged. Pictures of your heart will be taken at rest and then again after being stressed, or exercised.

Examination time: 3-4 hours. There is a lot of waiting during this test. You may want to bring a book to read or something to do while waiting.

Treadmill:	Adenosine (Chemical Stress Test):
1) NO CAFFEINE 24 HRS. PRIOR TO YOUR APPOINTMENT TIME. (coffee, decaf coffee, tea, decaf tea, chocolate, sodas, and some over-the-counter medications have caffeine)	1) NO CAFFEINE 24 HRS. PRIOR TO YOUR APPOINTMENT TIME. (coffee, decaf coffee, tea, decaf tea, chocolate, sodas, and some over-the-counter medications have caffeine)
2) Nothing to eat or drink 6 hours prior to your appointment time.	2) If you take Aggrenox, Theophylline, or Uniphyl please stop taking them 48 hours prior to your appointment time.
3) Wear loose fitting clothes and comfortable walking shoes. NO girdles, dresses, heels, or jewelry around your neck.	3) Nothing to eat or drink 6 hours prior to your appointment time.
4) Bring a list of any current medications you are taking and ANY inhalers you use.	4) Wear loose fitting clothes and comfortable walking shoes. NO girdles, dresses, heels, or jewelry around your neck.
5) Check the list of medications below. If you take any of those listed, stop taking them 48 hours prior to your appointment, unless otherwise directed by your physician.	5) Bring a list of any current medications you are taking and ANY inhalers you use.
	6) Check the list of medications below. If you take any of those listed, stop taking them 48 hours prior to your appointment, unless otherwise directed by your physician.

Failure to follow these guidelines may result in having your test rescheduled for another day.

STOP these medications 48 hrs. prior to your Stress Test Appointment (unless otherwise directed)

Aggrenox	Cartia XT	Isoptin SR	Taztia XT
Atenolol	Carvedilol	Labetalol HCL	Tenoretic
Atenolol/Chlorthalidone	Corgard	Lopressor	Tenormin
Bisoprolol/HCTZ	Coreg	Metoprolol Succinate	Theophylline
Bystolic	Covera HS	Metoprolol Tartrate	Tiazac
Calan	Dilacor XR	Nadolol	Toprol XL
Calan SR	Diltia XT	Nebivolol	Verapamil
Cardizem	Diltiazem HCL	Normodyne	Verelen
Cardizem CD	Inderal	Propranolol HCL	Verelen PM
Cardizem LA	Inderal LA	Tarka	Ziac

THE DOSES FOR THIS TEST ARE VERY EXPENSIVE. YOU MUST RESCHEDULE YOUR TEST AT LEAST 24 HRS. BEFORE YOUR APPOINTMENT TIME. FAILURE TO DO SO MAY RESULT IN AN OUT-OF-POCKET CHARGE OF \$200, DUE TO THE COST OF THE UNUSED MEDICINE. PLEASE CALL THE IMAGING DEPT. @ 440-934-8998 OR THE NUCLEAR MEDICINE DEPT. @ 440-934-8996.

Frequently Asked Questions:

Can I take my medications the morning of my test?

Yes. You can take your medications the morning of your test with a small amount of water. Remember, if they are on the list on the front do not take them for 48 hrs. prior to your appointment.

If I am diabetic, can I eat something before my test?

Yes. If your sugar is low and you need to eat, you can eat something light (i.e. some toast and juice). Do not eat anything heavy, such as bacon, eggs, or oatmeal.

Can I still have my test if I had caffeine within 24 hours of my appointment time?

Please call the Nuclear Medicine Department at (440) 934-8996 to speak to the technologist.

Can I still have my test if I took a medication that is on the list?

Please call the Nuclear Medicine Department at (440) 934-8996 to speak to the technologist.

What can I drink that does not contain caffeine?

Milk, water, juice, or caffeine free sodas. If you are uncertain if it contains caffeine please check the label.