

# Outpatient Nuclear Stress Test -- Patient Instructions

Patient: \_\_\_\_\_

Date of Test: \_\_\_\_\_

You have been scheduled for a Nuclear Stress Test which will be performed at

## **Wilson N. Jones Regional Medical center**

Please go to WNJ **REGISTRATION** at \_\_\_\_\_ on the day of your test.

If you need to CANCEL—Call **24 HOURS** before the day of your study -- 903-870-5511 (during business hours)  
or 903-870-4586 (after hours)

### **\*\*\* IMPORTANT INSTRUCTIONS \*\*\***

- **NO CAFFEINE 12 hours before your test !!!** (NO coffee, tea, green tea, soda, chocolate, decaffeinated drinks, migraine medication, or any other medication with caffeine)
- You must be **FASTING except for water** for 4 hours prior to the study.
  - If you are diabetic, you may have a light breakfast 2 hours before the stress test  
(Example: fruit, juice, & toast or cereal or oatmeal)
- **NO SMOKING or CHEWING TOBACCO** for 8 hours prior to the test
- Drink plenty of water before your test
- Bring a heavy/high fat snack to eat after the test
- Please wear comfortable walking shoes. Ladies, please do not wear a dress
- **REMEMBER -- NO CAFFEINE 12 hours before your test !!!**

**PLEASE PLAN ON BEING AT THE HOSPITAL FOR 3-4 HOURS THE DAY OF YOUR TEST**

### **\*\*\* REGARDING MEDICATIONS \*\*\***

#### **Lexiscan Stress Test**

Take all medications **EXCEPT:** nitroglycerine (Nitrostat, NitroMist, Nitro-Bid, Nitro-Dur), dipyridamole (Persantine), theophylline, isosorbide (Imdur, Isordil, Dalatrate, BiDil, Ismo, Monoket), Viagra, Cialis, Levitra or any medications that contain caffeine

#### **Treadmill or Dobutamine Stress Test**

Take all your medications **EXCEPT:** carvedilol (Coreg), metoprolol (Lopressor, Toprol XL), atenolol (Tenormin, Tenoretic), propranolol (Inderal), nadolol (Corgard, Corzide), bisoprolol (Ziac, Zebeta), labetalol (Trandate), Bystolic, diltiazem (Cardizem, Dilacor, Tiazac), verapamil (Calan, Isoptin, Verelan, Covera), Tarka, Aggrenox, nitroglycerine (Nitrostat, NitroMist, Nitro-Bid, Nitro-Dur), Viagra, Cialis or Levitra

**\*\*\*\* WHAT TO EXPECT—TESTING PROCEDURE \*\*\*\***

**There are two portions of the nuclear medicine stress test: 1) resting 2) stress/exercise**

**REST PORTION**

- On the day of your test, you will go to Registration in the Hospital Lobby.
- After registration you will be directed to the Radiology Waiting Area.
- You will be asked to sign an informed consent and the nuclear medicine technologist will start an IV in either your hand or your arm.
- Tracer injection  
**60 min** • A small amount of radioactive tracer will be injected through the IV.
- You will be asked to wait approximately 30-60 minutes to allow the tracer to circulate before the first (resting) imaging portion of the test
- Rest pictures  
**15 min** • When it is time to image your heart; you will be asked to lie on a table flat on your back with your arms above your head. Your chest area will be under the nuclear imaging camera.
- The imaging time is approximately 15 minutes.

**EXERCISE OR STRESS PORTION**

- After the resting images are completed, you will be taken to the Cardiology Stress Lab.
- You will be assisted by the nuclear medicine technologist, a nurse and a Physician Assistant.
- You will be hooked up to a 12 lead EKG and a blood pressure cuff.
- Stress portion  
**20 min** • Your heart will be stressed by one of three ways 1) walk on a treadmill **OR**  
2) receive Lexiscan through your IV **OR**  
3) receive dobutamine through your IV
- Treadmill:
  - You will be asked to walk on the treadmill as it increases in speed and incline until you reach a pre-determined heart rate. This may take 5-10 minutes.
  - The radioactive tracer will be injected and you will continue walking for one minute.
- Lexiscan:
  - You will lie on a bed while the Lexiscan is given through the IV. You may experience shortness of breath, chest discomfort, head ache, nausea or facial flushing.
  - Immediately after the Lexiscan is injected, you will receive the second dose of the radioactive tracer. This may take 5-10 minutes
- Dobutamine:
  - You will lie on a bed while dobutamine is given through your IV. You may feel like you have just exercised on a treadmill. This may take 15-20 minutes.
  - The radioactive tracer will be injected and the dobutamine will be turned off.
- Monitoring  
**10 min** • Please tell the Physician Assistant any symptoms you may be feeling during the exercise portion of the test.
- You will be monitored for a few minutes after the exercise portion and the tracer is injected.
- Eat fatty meal  
**60 min** • You will then be allowed to leave and get something high in fat to eat and some caffeine.
- Approximately one hour later, you will be asked to return for a second set of images.
- Stress pictures  
**15 min** • The second images are the pictures of your heart at stress level. You will lie under the nuclear medicine camera again for approximately 15 minutes.

**Please allow 3-4 hours for the entire test to be completed**