Stress Test Pre-Op Instructions

Appointment Date: _____/_____/______   Time: _____:______AM

*You must be fasting the day of the Stress Test (nothing to eat pass midnight)*

1. Please shower or bathe the day of the test. Do not apply any lotions or powders to your chest.

2. Wear loose fitting slacks or shorts, a shirt or blouse with buttons in the front, sneakers or walking shoes. No metal under-wire bras. No metal buttons or snaps on skirt or blouse.

3. Please do not eat, drink, or smoke for at least (4) hours prior to the test. Do not drink or eat any caffeine or decaffeinated products for at least 24 to 48 hours to the test. This will affect the drug used for the stress test, from being fully effective.

4. Bring a list of current medications and doses. Please ask your physician before your scheduled test day if you need to discontinue any medications the day of the study.

5. Any medications that are Dipyridamole (Persadine), Adenosine or Thephylline based should not be taken at least 36 to 48 hours prior to the study. Please check with your physician.

6. You must bring a snack with you the day of the test. You will have the opportunity to eat at some point during the test. If you are a diabetic you should eat 4 hours before the stress test. (Small glass of orange juice and a toast)

7. If you are diabetic, contact your doctor for instructions regarding diet and medications before your scheduled test day.

**Medications:** If you are taking any of the following medications please stop taking them 24 hours prior to the stress test.

<table>
<thead>
<tr>
<th>Metoprolol</th>
<th>Cardizem</th>
<th>Digoxin</th>
<th>Labetalol</th>
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<tbody>
<tr>
<td>Coreg</td>
<td>Atenelol</td>
<td>Inderol</td>
<td>Lopressor</td>
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KAYVAN AMINI D.O., F.A.C.C.
Board Certified in Cardiovascular Disease
And Echocardiography
Testing Procedure:

1. The Paramedic and or the nuclear technologist will explain the test, ask you some questions, and have you sign the consent and insurance forms.

2. An intravenous (IV) line will be started in your arm by the nuclear technologist or Paramedic. You then will be injected with a radioactive isotope. The isotope allows us to obtain pictures of your heart.

3. You will need to wait 5-60 minutes after the injection depending on the agent used, and then take pictures will be taken. These take approximately 25-30 minutes.

4. You will then either walk on the treadmill or be made comfortable and injected with the stress medication. During this time, your EKG and blood pressure are monitored closely. A physician will be present. During the stress exam you will receive the second injection or radioactive material.

5. Following the stress portion of the test, you will be monitored (your blood pressure and EKG are watched closely) until your heart returns to its normal to its normal resting state.

6. After waiting 15-60 minutes, more pictures will be taken. These take approximately 20-30 minutes. The test is then complete.

**The average time is 4-6 hours, but the total test time can vary with each physician’s office. If you wish, check with your physician’s office regarding their scheduling routine.**

An IV will be started in your arm and through the IV you will be given a total of two (2) dose of a radioisotope. The isotope is a material that has no drugs or dyes in it, just a low level of radiation, enough to take pictures of the blood flow through the many vessels of your heart. The radiation, exposure to you is not more than a set of dental x-rays and the material is gone completely in 24 hours. No special precautions are needed. Reactions to the isotope have not been reported. The first dose of the isotope is so we can take pictures of the blood flow through your heart at rest. The second dose is so we can take pictures of the blood flow after we **exercise** your heart.

**Treadmill Studies:**
The second dose will be given to you while you are walking on the treadmill; you do need to walk for (1) minute after the dose is given.

**Pharmacological Studies:** The second dose will be given to you; Two (2) minutes after the Persantine is finished; halfway through the Adenosine administration.
IMPORTANT!!!

Please Read
FOR STRESS TEST

PATIENTS WHO ARE SCHEDULED FOR A STRESS TEST, AND CANNOT MAKE IT FOR THE APPOINTMENT, PLEASE RESCHEDULE 24-36 HOURS PRIOR THE SCHEDULED DATE. FAILURE TO DO SO, THE PATIENT WILL BE RESPONSIBLE FOR THE PRICE OF THE MEDICATION THAT THE PRACTICE HAD TO ORDER AND PAID IN ADVANCE FOR YOUR TEST. THIS MEDICATION CANNOT BE RETURNED, IN ORDER TO ASURE THAT THE MEDICATION WILL BE COVERED WE REQUIRE A CREDIT CARD OR A PERSONAL CHECK TO REMAIN ON FILE, IN WHICH WE WILL CHARGE THE AMOUNT OF $200.00 IF THE PATIENT DOES NOT SHOW UP TO THE APPOINTMENT.

I understand the instructions for the preparation of the stress test that have been given to me in writing. I must read instruction carefully to ensure a high quality nuclear stress test.

NAME____________________________________ DATE____________________

SIGNATURE________________________________

APPOINTMENT DATE_____________________ TIME_________AM