

Marc Okun, M.D.
David B. Aiello, M.D.
Jay Penafiel, M.D.
Andrew Zohlman, M.D.

THE HEART CENTER OF NORTHERN ANNE ARUNDEL COUNTY



Samuel Yoon, M.D.
Karen J. Daniels, C.R.N.P.
Shoshana Panitz, A.G.N.P.-B.C.
Christina Martin, C.R.N.P.

1417 Madison Park Drive, Glen Burnie, MD 21061 • Phone (410) 768-6600 • Fax (410) 768-3132

NUCLEAR MEDICINE STRESS TEST PREPARATION SHEET

This procedure is completed in two sections, a stress portion and a resting portion. The entire test takes approximately three to five hours to complete. In rare instances, you will be required to return a second day to complete a portion of the test. Patients unable to exercise adequately will be given a medication replacing the need for exercise on a treadmill. Both portions of the test use a radioisotope (not a dye or contrast). The amount of radiation you will receive is similar to that of a typical x-ray. If there is any chance of pregnancy, the test will not be performed until negative blood test results are verified. To make sure we get the most accurate test results, it is important that you follow some general instructions prior to your procedure. If you do not cancel at least 24 business hours before the test, or do not show for the test you will be billed \$250.00 for the incurred medication fee.

REVIEW THIS INFORMATION THE DAY BEFORE YOUR TEST

- 1) Take your morning medication (with water) unless you were specifically instructed not to take them by your doctor.
- 2) **No caffeine 12 hours before the test:** no coffee, decaffeinated beverages/reduced caffeine, energy drinks, tea (green included), and chocolate of any form.
- 3) Be well hydrated. If possible, drink additional fluids the day before your test. **No restrictions on water, white milk, juice, sprite, and ginger-ale. Again, no caffeine.**
- 4) Make a list of medications and dosage if there has been any changes since last office visit.
- 5) You will have a break of 45-60 minutes during the test to eat. You may leave the office to do so. If you do not wish to leave, be prepared to bring food for the designated break. A fatty meal works best for increased image quality and shorter test time (i.e. breakfast sandwich, hash browns, milk shake, hamburger, potato chips). Food and drink restrictions no longer apply at this point, refrigeration available.
- 6) Wear a short sleeve T-shirt without metal of any kind. Do not wear skirts or dresses. Ladies should wear a bra. Patients should wear exercise appropriate shoes (no heels, sandals, slip-ons).
- 7) Do not apply powder or lotions to your chest and mid-section test day.
- 8) **Do not eat 3 hours prior to test (diabetic patients may have juice and toast up to 2 hours prior to test).**
- 9) **Do not take Theodur or Theophylline for 48 hours. Do not take Persantine, Dipyridamole, Pletal, Aggrenox, and/or Excedrin for 24 hours, as these can alter test results. Hold Lasix day of test.**
- 10) If claustrophobic, discuss anti-anxiety medication with your primary physician before test day.