



## **Peak Cardiology, P.A.**

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CARDIOLOGY

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### **Nuclear Stress Test Information Sheet**

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

Appointment Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

\_\_\_\_\_ Stress (treadmill) Cardiolyte

\_\_\_\_\_ Adenosine Cardiolyte

1. **Patients with appointments before 12:00pm should not eat after midnight or morning before test.** If you are a diabetic then eat a light breakfast before test. **Patients with appointments 12:00pm or later you may have a small non greasy breakfast before 9:00 am then nothing to eat after.**
2. You should not take the following blood pressure medications the night before or the morning of the test (Toprol, Atenolol, Metoprolol, Lopressor, Cardizem ,Norvasc, Digoxin etc.) Make sure to take remainder of your blood pressure medications. If you are diabetic, take only ½ dose of your diabetic medications.
3. Drink clear fluids before test (water or juice) with your medications unless your doctor stopped it for the test. **No caffeine including tea, sodas, or coffee including decaffeinated beverages 12 -24 hours before test.**
4. Wear comfortable clothing preferably with short sleeves and walking shoes. Please don't wear dresses or tops with metal buttons or decoration.
5. After you check in, an IV will be started in your arm through which a small amount of radioactive material(cardiolyte/Thallium) is injected. You will then need to wait about 30-45 minutes until your first set picture is taken.
6. You are then prepared for the stress portion of your test (treadmill or medication) by having electrodes placed on your chest. Blood pressures and EKGs are done. Second dose of radioactive material(Cardiolite/Thallium) will be injected. After this portion of the test you may be permitted to eat. **Bring a snack/water**
7. 30-45 min after stress your second set of pictures will be taken. You may be asked to take additional pictures if doctor is not satisfied with the picture quality.
8. On average the test takes 3-4 hours. After the test you can proceed about the rest of your day as usual, and driving a car should not present a problem
9. Bring your medications with you to your appointment.

**PLEASE PROVIDE US 48 Hr CANCELLATION NOTICE TO AVOID \$200 FEE THIS IS TO COVER THE EXPENSE OF RADIOACTIVE MATERIAL(2 DOSES) WHICH IS ORDERED 48 Hr IN ADVANCE – 919 363 6060**