



**Peak Cardiology, P.A.**

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CARDIOLOGY

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**Nuclear Stress Test Information Sheet**

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

Appointment Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_ am/pm

- \_\_\_\_\_ Nuclear Stress Test w/Treadmill (images and walking on a treadmill)
- \_\_\_\_\_ Nuclear Pharmacological Stress Test (images and non-walking or slow walking)

1. **Appointments before 12:00 pm:** Do not eat after midnight or the morning of the test.  
**Appointments after 12:00pm:** Eat a small, non-greasy breakfast **before 8:00am.**
2. **Diabetic patients:** If needed; eat a small, non-greasy breakfast about 2 hours before your appointment. **Do not** take your diabetes medications or insulin the morning of the test.

Notes: \_\_\_\_\_

3. **DO NOT** take your beta blocker prescription of \_\_\_\_\_ the night before or the morning of the test unless otherwise directed by the physician or nurse.
4. **DO NOT** take your calcium channel blocker prescription of \_\_\_\_\_ the night before or the morning of the test unless otherwise directed by the physician or nurse. You may take all other blood pressure and prescribed medications as scheduled.
5. **NO CAFFEINE** within 24 hours prior to the test. Caffeine can be found in coffee, tea, colas, Mountain Dew®, energy drinks, and chocolate products. Drink plenty of **plain water** the day before and the day of your test.
6. Wear comfortable **cotton** clothing preferably with short sleeves, plastic buttons up the front, and walking shoes. **No jewelry please!!** Please do not wear dresses. No metal buttons, sequins, rhinestones, or sparkling decoration please, as it interferes with the electrodes and imaging.
7. **Bring any blood pressure medications, diabetes medications, and asthma medications with you to your appointment.**
8. **Please inform the technologist or physician if you are breastfeeding, are pregnant, or think you may be pregnant.**
9. **Please refrain from any physical activities prior to your nuclear stress test.**

After checking in at the front desk, an IV will be inserted into your hand or arm through which a small amount of radioactive material (Cardiolite/Myoview) will be injected. You will then need to wait about one hour until your first images are taken. You are then prepared for the stress portion of your test (treadmill or pharmacological) with electrodes being placed on your chest and stomach (**men please shave/trim chest hair at home before the test**). Your blood pressure will be checked and a resting EKG will be done. A second dose of radioactive material (Cardiolite/Myoview) will be injected through your IV while you are exercising on the treadmill (unless your test is pharmacological). After the second injection, you will be able to eat. **You may bring a snack and drink or leave for breakfast/lunch during this time (one hour).** A second set of images will be taken and you may be asked to take additional images if the physician is not satisfied with the picture quality.

This test takes approximately **4 hours**. After the test, you may proceed about the rest of your day as usual and driving a car should not present a problem.

**IF YOU NEED TO CANCEL, PLEASE CALL 48 HOURS PRIOR TO YOUR TEST AT 919-363-6060.  
IF THERE IS NO ANSWER, PLEASE LEAVE A VOICE MAIL.**

There is a \$200.00 pharmacy fee for any appointment not cancelled within the 48 hour window.  
All radioactive doses are pre-ordered for each patient and cannot be used again.

**INITIAL:** \_\_\_\_\_

