

## Preparing for Your Test

The day of your test wear comfortable clothing and walking shoes. Please wear a short sleeve shirt and have no metal objects near the chest area. Please do not wear dressed, long-line bras or full slips on the day of your test.

## Things you can not do before your test:

- Do not eat or drink after midnight the night before your test.
- Do not take any medications the morning of your test (unless staff tells you otherwise).
- Do not eat or drink caffeine 12 hours before your test.
- No nicotine allowed 12 hours before your test.
- Do not eat or drink any dairy products or sugar 12 hours before your test.

## What happens after the test?

The pictures will be processed and sent to a cardiologist to be read. It should take between 2-3 business days to get the results. The doctor who ordered your stress test will get in contact with you to give you the results of the test.

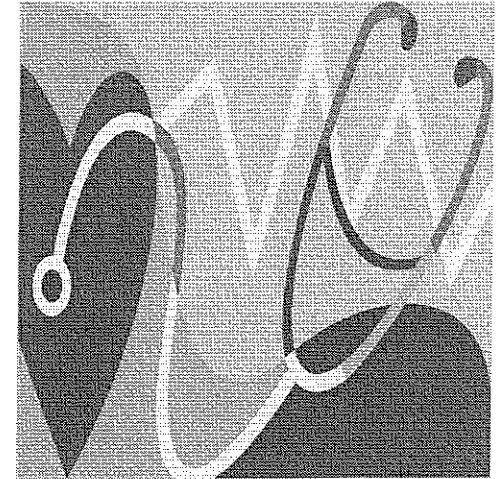
## Can't make your appointment?

Contact the testing office if you are unable to make your appointment. Please give a 24 hour notice to avoid being charged a \$250 fee for not keeping your appointment.

Where can I find more information concerning nuclear stress test?  
<http://www.healthtouch.com/bin/EContent/HT/cnoteShowLfts.asp?fname=07154&title=CARDIOLITE%AE+TEST+&cid=HTHLTH>  
<http://www.heartcarecenters.com/Services/Nuclear.htm>

Visit our Website:  
[www.palmettofamilymed.com](http://www.palmettofamilymed.com)

## Nuclear Stress Test



**Palmetto Family Medicine**  
**109 Barton Creek Ct**  
**Columbia SC 29229**  
**803-256-2286**

### APPOINTMENT INFORMATION

Date: \_\_\_ / \_\_\_ / \_\_\_  
Time: \_\_\_\_\_ : \_\_\_\_\_ AM PM

## What is a Nuclear Stress Test?

This is a test to check for blockages in the vessels feeding the heart to diagnose heart disease. In order to look for blockages pictures of the heart are taken twice, once during rest and then again after walking on a treadmill. The pictures are then compared to check for blockages in the vessels around the heart to determine if you have a coronary artery disease.

## What is Coronary Artery Disease?

Coronary artery disease (CAD) causes the loss of oxygen and nutrients to the heart tissue because of poor blood flow to the heart.

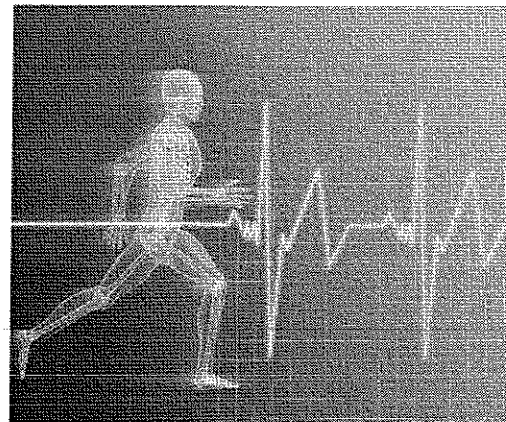
### **Risk Factors for CAD:**

- High blood pressure
- High cholesterol levels
- Smoking
- Stress
- Inactivity
- Diabetes mellitus

## Why Does My Doctor Want Me to Have This Test?

This test is ordered by your doctor if he feels you are at high risk for having heart disease. Some reasons why your doctor may order a stress test for you include:

- **You are having chest pains**
- **You have shortness of breath**
- **You have a family or personal history of heart problems**
- **You are a smoker**
- **You have high cholesterol**
- **You are a possible candidate for bypass surgery or angioplasty**



## What to Expect During the Test?

When you come in the day of your test you will begin by being prepped by an EKG technologist. The EKG technologist will first take your blood pressure in both arms and you will sign a consent form. Next an IV will be placed in your arm and an imaging agent will be injected (the imaging agent is what allows the pictures of your heart to be taken). You will then wait one hour and during this hour wait a snack will be provided for you.

After the hour wait the first set of pictures will be taken, this will take 30 minutes. Following the first set of pictures you will be hooked up to an EKG monitor, which monitors your heart rate, and once again your blood pressure will be taken. You will then walk on a treadmill to increase your heart rate. During the treadmill section of the test you will be receiving a second injection of the imaging agent. If you are unable to walk on the treadmill a drug will be given instead and then you will wait another 30 minutes. Following the exercise, or the drug injection, you will have a final set of pictures taken which will take about 20 minutes.