

## Northside Cardiology P.C.

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### INSTRUCTIONS FOR STRESS NUCLEAR IMAGING STUDIES

■ Nuclear imaging studies take approximately 3-4 hours. If you are unable to make your appointment, please inform our office at least 48 hours in advance at 404-256-2525. If your appointment is not cancelled or rescheduled at least 24 hours prior to the scheduled appointment time, you will be assessed a charge of \$150 for the isotope that is ordered for your test. This charge is not covered by insurance.

■ Your SCHEDULED ARRIVAL TIME is \_\_\_\_\_ for test preparation. *Important:* you are expected to arrive 30 minutes prior to your scheduled test time. If you are more 15 minutes late from your arrival time, please understand that we may have to reschedule your test.

■ Your SCHEDULED TESTING TIME IS \_\_\_\_\_.

#### EXERCISE NUCLEAR STRESS TEST

1. Do not eat, drink (except water) or smoke 6 hours prior to test. Do drink plenty of water before the test. No caffeinated or decaf beverages 12 hours prior to test.
2. Stop taking beta-blocker medications (see attached list) 48 hours prior to test.
3. Wear comfortable clothing/shoes to walk on treadmill. No metal on front of clothing.

#### ADENOSINE NUCLEAR STRESS TEST

1. Do not eat, drink(except water), or smoke 6 hours prior to test. Do drink plenty of water before the test. No caffeinated or decaf beverages 12 hours prior to test.
2. Stop taking xanthine medication (theophylline containing) 24 hours prior to test.
3. Hold medicines containing caffeine (i.e. Excedrin).

#### DOBUTAMINE NUCLEAR STRESS TEST

1. Do not eat, drink, or smoke 4-6 hours prior to test. Do drink plenty of water before the test. No caffeinated or decaf beverages 12 hours prior to test.
2. Stop taking, beta-blocker medications (see attached list) 48 hours prior to test.

Thallium and MIBI are radioisotopes that concentrate inside the heart muscle and relate to blood flow. It is injected when you reach your test-calculated heart rate while walking on the treadmill. These agents have no effect on the body's systems and are eliminated rapidly.

If you are unable to walk long enough for an adequate test, Dobutamine or Adenosine will be used. Individuals who have a history of moderate/severe asthma or COPD and are on breathing medications will be administered Dobutamine. These agents alter the heart's blood flow in a way similar to exercise.

#### **YOUR RESULTS WILL NOT BE AVAILABLE ON THE DAY OF YOUR TEST**

Test results are mailed or faxed to your referring physician within 48 hours of interpretation by our cardiologist. A follow-up appointment with the physician who ordered the test should be scheduled for 1 to 2 weeks.

**Informed consent:** All tests pose a small risk. Prior to testing, we will obtain informed consent which outlines risks/benefits/alternatives to testing. This consent form can also be downloaded from our website at [www.nscatl.com](http://www.nscatl.com). A supervising cardiologist is always present in the facility during stress testing.