

MEDICAL ASSOCIATES OF NORTH GEORGIA

NUCLEAR STRESS TEST INSTRUCTIONS

Your physician has ordered a nuclear cardiac stress test to evaluate the circulation of your heart.

Preparation for the Test

Please follow the instructions below so your test is not rescheduled:

- **Do not** eat or drink anything after midnight **the day before your test.**
- **DO NOT take any medications the morning of your test.**
- Take your seizure medications **the morning of the test.**
- **Do not** have any products that contain caffeine **24 hours before your test.**
This includes: coffee or tea (any kind, brewed, instant, iced) decaffeinated drinks: Soda, Cola (Coke, Diet Coke, Pepsi, Diet Pepsi, Mountain Dew, Dr. Pepper, Diet Dr. Pepper, Tab, Jolt, Mellow Yellow, Mr. Pibb. Chocolate & cocoa products: candy, cake, baking cocoa, pudding, milk, brownies, dark, baker's, semisweet, ice cream.
- **Do not** take any of the following OTC drugs **24 hours before your test:**
Anacin, Excedrin, No-Doz, Vivarin, Cafergot, Darvon Compound, Esgic, Fioricet, Fiorinal, Norgesic, Norgesic-Forte, Synalogs-DC, Wigraine.
- Wear comfortable shoes and clothes for walking on the treadmill.
- **Do not** wear an underwire bra, bib overalls, suspenders or necklaces.
- **Do not** use lotions or oils on your skin the morning of your test.
- **Do not take any Beta Blockers and/or Calcium Channel Blockers THE DAY BEFORE AND THE MORNING OF YOUR TEST.**

These medications are listed below:

Hold Beta Blockers

Coreg/Carvedilol
Inderal/Propranolol
Normodyne/Labetalol
Tenormin/Atenolol
Zebeta/Bisoprolol
Corgard/Nadolol
Lopressor/Metoprolol
Toprol/Metoprolol
Ziac/Bisoprolol HCTZ
Tarka

Hold Calcium Channel Blockers

Adalat/Nifedipine
Covera/Verapamil
Dilacor/Diltiazem
Plendil/Felodipine
Calan/Verapamil HCL
Cardizem/Diltiazem
Dynacirc/Isradipine
Procardia/Nifedipine
Tiazac/Diltiazem

Hold Nitrates

Imdur/Isosorbide mononitrate
Ismo/Isosorbide mononitrate
Isordil/Isosorbide mononitrate
Nitropatch

Coronary Vasodilators for 48 hours:

Dipyridamole/Persantine
Aggrenox

- Pulmonary Patients bring your inhalers. **Do not take Theophylline medications.**
- Diabetics: bring your medicines and a snack. (In case they are needed)

PROCEDURE

Your exam will take approximately 3 – 4 hours:

- An IV will be started in a vein in your arm. The IV will be used to receive two (2) injections. The first injection will be for the resting exam and the second injection will be for the stress exam during your exercise (treadmill) test.
- There will be wait time between each stage of your test.
 - If you have any questions, please call: 770-479-5535, ext.222.

The injection that you will be receiving is a time sensitive material that has been ordered specifically for your test. The dose cannot be saved or used at a later date because it undergoes radioactive decay. If you are unable to make your scheduled appointment and do not cancel or reschedule 24 hours in advance, you will be charged for the isotope. Appointments scheduled on Monday must be cancelled on the Friday before the appointment.

MEDICAL ASSOCIATES OF NORTH GEORGIA

PATIENT NAME _____

ACCT# _____

NUCLEAR MEDICINE TESTING

You have been scheduled for a Nuclear Medicine test to be performed in our Radiology Department. Due to the short shelf life of the medications required for your procedure, **you must notify the Radiology Department at least 24 hours in advance** if you are unable to keep the appointment. Please call 770-479-5535, extension 222.

If you fail to contact the office as required or fail to follow the exam preparations, a charge will be assessed for the medication ordered for your procedure. You will be responsible for payment of the charge. Insurance coverage does not apply.

I have been informed of the above policy and I agree to be responsible to abide by the cancellation procedure, or bear the burden for payment of any charge assessed.

I have received instructions or preparations for my : NUCLEAR STRESS TEST .

Patient /Guarantor Signature

Date

WITNESS