



Smart Heart Care Patient Education Sheet

Nuclear Medicine Stress Test Instructions

Introduction

A Nuclear Medicine Stress Test uses small amounts of radioactive substances that are injected into a vein to produce images of the heart. These images are used to assess the blood supply to the heart muscle at rest and during exercise or medicine-induced stress.

Preparation for Test

- **Do not eat or drink 4 hours prior to the test (you may drink water).**
- **No products containing caffeine for 24 hours prior to the test (regular/diet Soda, regular/decaf coffee, chocolate, energy drinks, Excedrin, etc.)**
- **Do not smoke or chew gum 4 hours prior to the test.**
- It is important for you to ask your doctor:
 1. How to adjust your insulin and food intake prior to the test if you are diabetic.
 2. If you are taking any drugs, known as beta blockers (examples are: Tenormin, Atenolol, Metoprolol, Toprol, Lepressor, Bystolic, Coreg, Propranolol, Inderal, Labetalol, Zebeta and others), check with your doctor to see if you can discontinue these drugs for 24 hours prior to the test.
- You may apply deodorant. For better quality EKG, do not apply powders,

oils or lotions to your chest and abdomen areas.

- Wear a 2 piece loose fitting clothing for an exercise test, along with rubber-soled walking or running shoes that are comfortable for exercising. Undergarments should be two pieces as well. Try to avoid metal buttons or designs on shirts and blouses.
- **Please be prepared to be in our office for 2-3 hours. That is an estimate of how long the nuclear stress test takes.**

Registration

- Smart Heart Care is located on West Tropicana, by the 215 freeway. We are also accessible on bus route 201.
- Please arrive 15 minutes early to sign in and complete any necessary paperwork.
- **If for any reason you need to cancel or re-schedule your test, please call at least 24 hours prior to your exam. The medicine is specially ordered for you a day before the test, and goes waste if you do not keep your appointment. Moreover, we can not offer your spot to another patient in case of last minute cancellation or no-show.**
- If you should have any questions, please feel free to contact us at 702-473-5333.

Smart Heart Care

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