



The Oregon Clinic, Cardiology
 19260 SW 65th Ave, Suite 420
 Tualatin, OR 97062
 503-692-0405

Nuclear Stress Test Instructions

CANCELLATIONS:

Please contact us at least 24 hours in advance if you must cancel. There is a pharmaceutical ordered specifically for you, which cannot be used for another person and cannot be returned.

If advance notice is not given, we may charge a cancellation fee.

DURATION OF TEST: Approximately 3 – 3.5 hours

- For those scheduled on two separate days: Day 1 will take approx. 2 hours, Day 2 will take 1 hour.

ITEM	DISCONTINUE USE PRIOR TO TEST	EXAMPLES
Caffeine	24 hours	Coffee, Decaf, Tea, Soda, Chocolate, Cocoa, some Headache medicines (check labels for caffeine content)
Food	4 hours	
Drinks other than water	4 hours	
Beta Blockers	24 hours, unless instructed otherwise by our physician	Atenolol, Toprol (Metoprolol), Coreg (Carvedilol), Betapace, Bisoprolol, Lopressor, Propranolol (Tenormin), Sotalol, Zebeta
Nitrates	24 hours, unless instructed otherwise by our physician	Isosorbide, Imdur
Nitrate patch	Remove 1 hour before test	Nitro patch
Nicotine	12 hours	Cigarettes, Cigars, Chewing tobacco

- Other than those medications listed above, take all your other medications normally.
- Drink 12oz water.
- Wear comfortable clothes and shoes.
- Do not wear a shirt with metal buttons or zippers.
- Please bring a snack high in healthy fat with you that does NOT require refrigeration.

Nuclear Medicine Stress Test:

This test is performed to evaluate blood flow to the heart muscle, to check for blockages in the arteries of your heart. This procedure is done in two parts and evaluates the resting blood flow of the heart and the blood flow to the heart under “stress”, or exercise. The stress portion of the test is achieved by either walking on a treadmill or receiving a medication which simulates the effect of exercise. Generally, if you weigh over 250 pounds, your test will be scheduled on two days.

Procedure:

A small IV will be placed into a vein in your arm or hand and will remain in place for the entire procedure. It is used for the injection of the heart imaging agent. The imaging agent, which will not cause side effects, is a small amount of radioactive isotope that the camera detects and then uses to produce images of your heart according to the blood flow pattern.

The procedure does not carry any greater risk than the radiation exposure you would receive if you were undergoing an x-ray or CAT (CT) scan. The radioactive material is cleared from your body by natural processes.

Stress Preparation:

- You will be asked to sign a consent form. Please read the form carefully and do not hesitate to ask any questions.
- EKG patches will be put on your chest (men may need to have their chests shaved in the areas where the patches will be placed).
- You will then be connected to the electrocardiograph (EKG) machine.

Time Frames:

- Allow 3 – 3.5 hours for the entire test.
- For those having a 2-day study, allow 2 hours for day one (stress test and imaging) and 1 hour for day 2 (rest imaging).
- The longest period of time you'll spend on the imaging table at one time is approximately 20 minutes.

If you have any further questions, please give the Cardiology office a call at **503-692-0405**.

Debra G - Cardiology Scheduler

Thank you