



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

Notice of Availability

If you speak another language, free language assistance services and appropriate auxiliary aids and services are available to you. Let us know how we can help.

Spanish

Si usted habla español, hay disponibles para usted servicios gratuitos de asistencia de idiomas y dispositivos y servicios auxiliares adecuados. Infórmenos cómo podemos ayudarlo.

Vietnamese

Nếu quý vị nói Tiếng Việt, chúng tôi có sẵn dịch vụ hỗ trợ ngôn ngữ miễn phí cũng như các phương tiện và dịch vụ hỗ trợ phù hợp dành cho quý vị. Xin hãy cho chúng tôi biết cách chúng tôi có thể trợ giúp cho quý vị.

Chinese

如果您说 中文，我们可提供免费的语言帮助，以及适当的辅助援助和服务。请告知我们，您需要什么样的帮助。

Russian

Если вы говорите на русском, мы можем предоставить бесплатно помощь на вашем языке, а также и соответствующие вспомогательные средства и услуги. Сообщите нам, как мы можем помочь.

Korean

한국어 를 구사하시는 경우 무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 이용할 수 있습니다. 어떻게 도와드릴 수 있는 지 알려주세요.

Ukrainian

Якщо ви розмовляєте цією мовою: українська, то можете отримати безкоштовну допомогу й послуги, зокрема мовні. Повідомте нам, чим ми можемо допомогти.

Japanese

日本語を話される方は、無料の言語支援サービスや適切な補助器具やサービスをご利用いただけます。 私たちがどのようにお手伝いできるかお知らせください。

Arabic

إذا كنت تتحدث [العربية]، فستتوفر لك الخدمات المجانية بشأن المساعدة اللغوية مع المعونات الملائمة والخدمات المساعدة. دعنا نعرف كيف يمكننا مساعدتك.

Romanian

Dacă vorbiți română, serviciile gratuite de asistență lingvistică și ajutoarele auxiliare adecvate sunt disponibile pentru dumneavoastră. Informați-ne cum vă putem fi de ajutor.

Thai

ถ้าคุณพูดภาษาไทย มีบริการช่วยเหลือด้านภาษาฟรี รวมถึงความช่วยเหลือและบริการเสริมที่เหมาะสมแก่คุณ แจ้งให้เราทราบที่เราสามารถช่วยได้อย่างไร

German

Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistenzen und geeignete Hilfsmittel und Dienstleistungen zur Verfügung. Teilen Sie uns mit, wie wir helfen können.

Persian

اگر به زبان فارسی صحبت می کنید، خدمات رایگان زبانی و وسایل و خدمات کمی مناسب در دسترس شما هستند. به ما اطلاع دهید که چگونه می توانیم کمکتان کنیم.

Somali

Haddii aad ku hadasho Soomaali, adeegyada kaalmada luqadda bilaashka ah iyo kaalmooyinka iyo adeegyada ku habboon ayaa diyaar kuu ah. Nala soo socodsii sida aan u caawin karno.

French

Si vous parlez français, des services d'assistance linguistique gratuits et des aides et services auxiliaires appropriés sont à votre disposition. Dites-nous comment nous pouvons vous aider.

Khmer

ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយភាសាខ្មែរដោយឥតគិតថ្លៃ និងឧបករណ៍ជំនួយនិងសេវាជំនួយសមស្រប មានសម្រាប់អ្នក។ សូមអនុញ្ញាតឱ្យយើងដឹងថា តើយើងអាចជួយអ្នកបានដោយរបៀបណា។