

**NUCLEAR MEDICINE TESTING INSTRUCTIONS**

**NUCLEAR MEDICINE TEST ORDERED:**

**PATIENT NAME:** \_\_\_\_\_ **PHYSICIAN:** \_\_\_\_\_

**Stress Tests:**  Adenosine  Dobutamine  Treadmill  Other: \_\_\_\_\_  
 One Day  Two Day  
**Other Tests:**  MUGA  First Pass  Other: \_\_\_\_\_

**TESTING DATES:**

- Please note that either the rest or stress portion of the test can be done first. Note the dates and times below.

**RESTING PORTION:** \_\_\_\_\_  
(Date) (Time)

**INSTRUCTIONS FOR RESTING PORTION OF STRESS TEST:**

- 1) **Fast (no food or drink) for 4 hours before the exam. A small amount of water is allowed to take medications.**
- 2) **Medications and caffeine are not restricted for the resting portion of the exam, unless the resting portion falls within the 24 hours before the stress portion of the exam. (Confirm date and time of stress below)**
- 3) **After a quick injection of the tracer which enables us to take pictures, you will have to eat a fatty meal and drink 3 to 4 cups of fluids. You will be given approximately one hour to eat and drink. You may go out to eat or you may bring a fatty meal and drinks with you.**
- 4) **When you return after the allotted break to eat and drink, we will take pictures and that will take about 20 minutes.**

**STRESS PORTION:** \_\_\_\_\_  
(Date) (Time)

**INSTRUCTIONS FOR THE STRESS PORTION OF THE TEST:**

- 1) **Fast (no food or drink) for 4 hours before the exam. A small amount of water is allowed to take medications.**
- 2) **Do not eat or drink any caffeine product for 24 hours prior to your appointment time. No coffee or tea, no decaf or caffeine-free coffee, tea, or colas (they may have enough caffeine to effect the test), no chocolate, no medications with caffeine (migraine or sinus). You may drink milk, water, juice, 7-up, Sprite, or Ginger Ale. Beer and wine are also acceptable.**
- 3) **MEDICATIONS:** \_\_\_\_\_ You may take all of your medications as prescribed.  
\_\_\_\_\_ You must hold the following medication(s) prior to stress:  
Med: \_\_\_\_\_ Stop: \_\_\_\_\_  
Med: \_\_\_\_\_ Stop: \_\_\_\_\_  
Med: \_\_\_\_\_ Stop: \_\_\_\_\_
  - If you are an insulin-dependent diabetic, consult your physician as to how to alter your insulin dosage on the day(s) of your test.
- 4) **After your stress test, you will have to eat a fatty meal and drink 3 to 4 cups of fluids. You will be given approximately one hour to eat and drink. You may go out to eat or you may bring a fatty meal and drinks with you. If you are doing a treadmill type of stress, we generally do not require the one hour break to eat and drink, and are able to take your pictures within a short time of completion of the stress.**
- 5) **When you return after the allotted break to eat and drink, we will take pictures and that will take about 20 minutes.**

## **INSTRUCTIONS FOR CLOTHING:**

- 1) **NO METAL** is to be worn between the neck line and the waist line. This restriction includes, but is not limited to: **NO metal buttons, NO necklaces/chains, NO underwire bras, NO pins or similar jewelry.**
- 2) You will have EKG leads connected to your chest for the stress portion of the test, and we will need access to your arms. Please wear a button-down shirt or blouse, or a tee shirt, preferably one that is short sleeved. **NO dresses please.**
- 3) If you are doing a treadmill stress test, please wear a comfortable pair of shoes suitable to exercise in.
- 4) The state-of-the-art equipment requires that the room temperature be maintained at a constant 70 degrees, so please bring a jacket or a sweater. Blankets will also be available.

## **GENERAL INFORMATION:**

- 1) The “resting” portion of the test will take approximately 2 hours. This includes the time for an injection, a meal, and the pictures we take after eating.
- 2) The “stress” portion of the treadmill stress takes approximately 1 ½ hours. This includes the time for the actual stress, a waiting period during which you will drink liquids, and the time for pictures after having the fluids.
- 3) The “stress” portion of the Adenosine or Dobutamine test takes approximately 2 ½ hours. This includes time for the actual stress, a break for a meal, and the pictures we take after eating.
- 4) The MUGA exam takes approximately 45 minutes. This includes time to start an IV through which you will receive two injections, have a brief wait, and then take pictures.
- 5) A nuclear medicine dose is ordered specifically for you the day before the test. The dose is specifically for your test, has a limited life, and is costly. If it becomes necessary for you to cancel or change your scheduled appointment, please do so 24 hours prior to your appointment time.

**Daytona Heart Group is pleased to provide our patients with cardiac nuclear medicine testing utilizing state-of-the-art equipment and technology. Your test will be performed and monitored by professional, high-skilled, and experienced members of the Daytona Heart Group staff.**

**The Nuclear Medicine Staff will gladly answer any and all questions that you may have before, during, and after your test. We look forward to providing you with a positive experience at the time of your test with your health and well-being as our first priority.**

**So, RELAX, and leave the stress to us!!!**