

Cardiology Associates of Sussex County  
222 High Street, Suite 205  
Newton, NJ 07860  
Phone: (973) 579-2100 Fax: (973) 579-6638

## Patient Information : Nuclear Stress Test

Dear Patients:

To ensure the highest quality results from your nuclear medicine procedure, please review and follow these important instructions. If you have further questions, please call our office and ask for a nurse.

### PREPARATION PRIOR TO PROCEDURE:

1. Please shower or bathe the day of the test. Do not apply lotion and/or powder to your chest.
2. Wear loose fitting slacks or shorts, a shirt or blouse with buttons in the front, and sneakers or walking shoes. Women should wear a short line bra. No metal underwire bras please.
3. Please bring a sweater or sweatshirt with you to the appointment for your comfort.
4. Please DO NOT EAT, DRINK or SMOKE the Morning Of The Test, unless instructed to do so.
5. **DO NOT DRINK COFFEE, TEA, EVEN DECAFFEINATED, or any other beverage that contains caffeine or take any medications containing caffeine for 24 HOURS PRIOR TO THE TEST.**
6. Bring a list of your current medications and doses. Viagra should not be used 24 hours prior to the test. Please ask me or a member of my clinical staff before your scheduled test day if you need to discontinue any other medications on the day of the study.
7. Bagels and water will be provided for you to eat at the time the technician instructs you. If you do not wish to have what we offer, you may bring any other snack or non-caffeinated beverage.
8. If you are a diabetic, ask me or a member of my clinical staff for instructions regarding diet and medications before your scheduled test date. If you are taking a "beta-blocker", check with your doctor regarding instructions about taking this medicine the day of the test.
9. IF YOU REQUIRE OXYGEN, please bring that with you to the appointment. Also if you use in inhaler, bring that with you as well.
10. DO not exercise on the day of the test.

### TESTING PROCEDURE

1. My nurse and/or nuclear medicine technologist will explain the test, ask you some questions, and have you sign a consent form. I will need your informed consent prior to the beginning the procedure.
2. An intravenous (IV) line will be started in your arm by the nuclear technologist or nurse. You will be injected with a radioactive isotope, and the first set of images obtained (15 minutes). The isotope allows us to take images of your heart.
3. You will need to wait 30-60 minutes after the injection, when more pictures will be taken. These will take approximately 20-25 minutes.
4. To prepare you for the next part, your chest is cleansed, and EKG electrodes are applied.
5. You will then exercise using a treadmill, or receive a medication to increase your heart rate. During this time, your EKG and blood pressure are monitored closely. At the end of this portion another injection of isotope is given.
6. After a monitoring period, during which you blood pressure and EKG are watched closely, your intravenous (IV) line is removed, and a final set of images are obtained (20 minutes). The test is then complete

The total average time is 3-4 hours, but this can vary from patient to patient. If you wish, check with my office staff regarding our scheduled routine.

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## PREPARATION INFORMATION FOR NUCLEAR STRESS TESTS

### PRESCRIPTION MEDICATIONS CONTAINING THEOPHYLLINE

(do not take 48hrs prior to test)

Theo-24  
Theovent Long-Actin g  
Slo-bid Gyrocaps  
Theospan-Sr  
Theobid Jr. Duracap  
Slo-Phyllin Gyrocaps  
Quibron-SR  
Theolair-SR  
Theo-Dur  
Theoclear L.A.  
Bronkodyl  
Sustaire  
Uniphyl  
Theo-dur Sprinkle  
Elixophyllin  
Constant-T  
Theochron  
Theobid Duracap  
Aerolate  
Respid  
Trental

**Please also discontinue dipyridamole (Persantine)**

**Aggrenox (check with physician)**

### Commonly prescribed drugs containing caffeine

(do not take 48hrs prior to test)

Cafergot (all forms)  
Darvon Compound  
Fiorinal  
Synalgos  
Wigraine

### Over the Counter drugs containing caffeine

Anacin  
Excedrin  
No Doz

### COMMONLY USED BEVERAGES & FOODS CONTAINING CAFFEINE

(do not take ~~48~~<sup>24</sup>hrs prior to test)

**NO REGULAR OR DECAF COFFEE OR TEA OF ANY KIND!!!! (including herbal teas)**

### FOOD

Cocoa  
Chocolate milk  
Brownies  
Milk chocolate  
Dark semi-sweet chocolate  
Baker's chocolate  
Chocolate syrup  
Chocolate cake  
Chocolate candies  
Chocolate ice cream  
Chocolate pudding, instant  
Other chocolate products

### SOFT DRINKS

Coca-cola  
Cale, decaffeinated  
Dr. Pepper  
Dr. Pepper, sugar free  
Mellow Yellow  
Mountain Dew  
Mr. Pibb  
Pepsi Cola  
Diet Pepsi  
Storm  
Red Bull  
Monster  
5 Hour Energy  
Rockstar