



222 High Street, Suite 205, Newton NJ 07860

Ph: (973) 579-2100 || Fax: (908) 552-7913

Patient Name: _____

Appointment Date: _____ Appointment Time: _____

PLEASE NOTIFY THE OFFICE OF ANY INSURANCE CHANGES.

The average duration of this test is **approximately 3-4 hours**, although the exact time may vary from patient to patient.

TEST PREPARATION

1. Please arrive **20 minutes before** your scheduled appointment time.
2. **DO NOT** eat or drink anything besides water after midnight the night before.
3. **NO CAFFEINATED OR DECAFFINATED PRODUCTS 24 HOURS BEFORE YOUR TEST.** This includes coffees, teas, colas, chocolates, or caffeinated medications.
4. **DO NOT** smoke or vape the morning of the test.
5. Drink one full glass or more of water in the morning of the test to allow for easier IV access.
6. **Bring a snack and a non-caffeinated drink.** You will be instructed on when to eat, as it helps with image quality. **We do not provide refrigeration.**
7. Shower or bathe the day of the test. Do not apply any lotions and/or powders to your chest.
8. Wear loose-fitting slacks or shorts, a loose-fitting shirt that allows IV access, and sneakers/walking shoes (**no metal underwire bras, buttons, or snaps, and no dresses**).
9. Bring a long-sleeved shirt or pullover sweatshirt as it may be cold in the waiting room (**no zip-up sweatshirts**).
10. If you require oxygen or an inhaler, please bring that with you to the appointment.
11. **DO NOT** exercise on the day of the test.

MEDICATION INSTRUCTIONS: _____

TESTING PROCEDURE:

A nurse and/or nuclear medicine technologist will explain the test, ask you some questions, and have you sign a consent form prior to beginning the procedure.

1. An intravenous (IV) line will be placed in your arm by a nuclear technologist or nurse. A small amount of radioactive tracer will be injected through the IV. This tracer allows us to obtain images of your heart. The first set of images will be taken approximately 30-45 minutes after injection.
2. To prepare for the stress portion of the test, your chest will be cleansed, and EKG electrodes will be applied.
3. You will then either exercise on a treadmill or receive a medication that increases blood flow to the heart and simulates the effects of exercise. During this portion of the test, your EKG, heart rate, and blood pressure will be closely monitored. At the peak of stress, a second injection of radioactive tracer will be given.
4. After a short recovery and monitoring period, during which your EKG and blood pressure will continue to be observed, your IV line will be removed about 30-60 minutes after. A final set of images will then be taken, lasting approximately 15 minutes. Once these images are completed, the test is finished.

Commonly Known Caffeinated Products

Please avoid all caffeinated and decaffeinated products starting 24-hrs before the test.

Foods & Beverages

Any & all chocolate products
Coca-Cola
Diet Coke
Pepsi
Diet Pepsi
Dr. Pepper
Mr. Pibb
Mountain Dew
Mellow Yellow
Red Bull
Monster
5 Hour Energy
Rockstar
Storm

Commonly Prescribed Medications

Cafergot (all forms)
Darvon Compound
Fiorinal
Synalgos
Wigraine

Over-the-counter Medications

Anacin
Excedrin
No Doz