

Nuclear Chemical Stress Test

Safety:

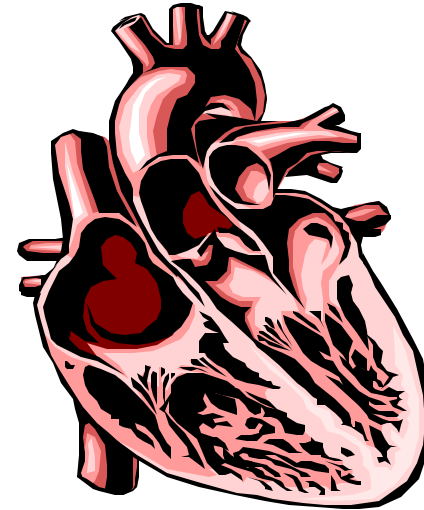
- Our clinic performs more than 1,400 cardiac stress tests each year.
- We have an excellent record of performing these tests safely.
- We are trained and equipped to handle any emergencies should they occur.

Who will perform the test?

- The Nuclear Medicine Technologist (CNMT)
- The Nurse (LVN)
- Under the supervision of the physician or assistant

Results:

- The official results from the scan usually take 3 - 5 days.
- The nurse will call you with the results, and at that time schedule you for a follow up visit or any additional tests which have been ordered.



Test Scheduled for: _____ @ _____

Confirmation Required!

Patient must call the office to confirm appointment by 3PM, on the business day before the test otherwise the test will be cancelled.

Call: (210) 949-1300

On the Day “before” the Exam:

- Do not eat or drink after midnight if your test is the following day in the morning.
- Do not eat or drink after 9AM in the morning if your test will be the same day in the afternoon.
- Do not take any medicines after midnight the night before the test
- Avoid caffeinated drinks (coffee, tea, cocoa, sodas, & chocolate) or medicine with caffeine 12 hrs. before the test.
- Do not smoke or use tobacco (nicotine) products 12 hrs. before the test.

On the Day “of” the Exam:

- It is not necessary for someone to drive you to the clinic since you will not be receiving any type of sedation.
- Bring your medicine or a list of your medicines with you.
- Notify the staff if you have a history of asthma, bronchitis or emphysema.

What is a Nuclear Chemical Stress Test?

- A test given to patients who are unable to exercise on a treadmill for an extended amount of time or unable to exercise due to back or leg injuries, shortness of breath, dizziness, etc.
- It is a heart test used to evaluate the blood supply to the heart muscle.
- A chemical called Adenosine is used for the test. It has the same effect on the heart as exercise.

What Happens During the Test?

- Upon arrival you will be asked to review your patient information & sign the consent form for the test.
- An explanation of the test will be given. Feel free to ask any questions.
- An intravenous catheter (IV) will be started in your arm. It will be used to inject both the adenosine and the radiopharmaceutical.
- Sticky heart monitor pads will be put on your chest to monitor your heart and perform an EKG.
- A blood pressure cuff will be wrapped around your arm to monitor your blood pressure.
- Two sets of heart pictures will be taken. The 1st set @ 15 – 30 mins. after the first injection of the radiopharmaceutical. The 2nd set @ 15 mins. after the injection of the adenosine. This allows the doctor to compare your heart at rest and at stress.
- It is important to stay as still as possible while the pictures are being taken.

How Long Does the Test Take?

- 3 – 4 Hrs.
- Family and friends are asked to wait for the patient in the waiting room.

After the Test:

- Relax and take it easy.
- Return to normal activities.