

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 EKG Technologist
- The Nuclear Medicine Technologist (CNMT)
- Physician or PA supervision

Results:

- The official results from the scan usually take 3 - 5 days.
- The patient will be contacted with the results and at that time scheduled for a follow up visit or any additional tests which have been ordered..



Nuclear Exercise Stress Test



Test Scheduled for: _____ @ _____

Confirmation Required!

Patient must call the office to confirm appointment on the business day before, no later than 3:00PM. If no confirmation received, the test will be cancelled.

Call: (210) 949-1300

On the Day “before” the Exam:

- Do not eat or drink after midnight if test is in the morning.
- Do not eat or drink after 9:00AM if test is in the afternoon.
- DO NOT TAKE MEDICATIONS,
- Do not have caffeinated drinks (coffee, tea, cocoa, sodas, & chocolate) or medicine with caffeine 12 hrs. before the test.
- Do not smoke or use tobacco (nicotine) products

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.
- Wear comfortable shoes suitable for walking.

What is a Nuclear Exercise Stress Test?

- A test given to patients who are able to exercise on a treadmill for an extended amount of time.
- It is a heart test used to evaluate the blood supply to the heart muscle, and how well the heart works during physical activity.
- This test will evaluate the blood supply to the heart and reveal any damage to the heart muscle.

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 a radiopharmaceutical used to take images of the heart.
- 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 walking on the treadmill. This allows the doctor to compare your heart at rest and after exercise (It is important to stay as still as possible while the pictures are being taken)..
- You will walk on a treadmill for the exercise portion of the test; try to walk for as long as possible..

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.