

The Heart House

♥ Instructions for Treadmill Stress Testing with Nuclear Imaging ♥

It is important that you follow these instructions carefully:

1. **Please allow 3-3 1/2 hours for the test. Arrive 15 minutes before your appointment to register.**
2. **DO NOT have any caffeinated or decaffeinated products for 24 hours prior to your test or your appointment will be cancelled.** This includes beverages, food and over-the-counter drugs that contain caffeine. Please refer to the box below. You may drink only water, juice or white milk.

Caffeine and Decaffeinated Examples:	Common & OTC Drugs:
Coffee regular or decaffeinated : any kind, brewed, instant, iced	Anacin, Excedrin, Over the counter Migraine Relief medications
Tea regular, green or decaffeinated : any kind, brewed, instant, iced	Cafergot, Darvon Compound, Midol, Vivarin, No-Doz
Chocolate: milk, candy, cake, baking, cocoa, pudding, brownies, dark, baker's, semisweet, ice cream, protein drinks	Esgic
	Fioricet , Fiorinal
Soda: colas, Coke, Diet Coke, Pepsi, Diet Pepsi, Mountain Dew, Dr. Pepper, Diet Dr. Pepper, Tab, Jolt, Mellow Yellow, Mr. Pibb, Orange, Diet Orange, Cream, Diet Cream, Tahitian Treat, All Energy Drinks	Norgesic, Norgesic Forte
	Synalogs-DC Wigraine

3. You may have a light breakfast/lunch (juice, water, white milk, toast, cereal) up to 2 hours before your appointment time. If you need any to take medications during this 2 hour time period, you may do so with a few sips of water. If appropriate, drink a lot of water the day before your test. This is important if you have bad veins.
4. **All other medication should be taken as you would normally, unless otherwise directed by your physician.**
5. It is important to use inhalers or nebulizer treatments at your regularly scheduled time before your stress test. Bring your rescue inhaler with you if one is prescribed, even if you do not use it routinely.
6. Diabetic Patients- Insulin pump: No change, Insulin Dependent: Take half (1/2) the usual dose in the morning, Oral Medication (by mouth): Do not take the morning of the test. All patients should eat a light breakfast 2 hours before your appointment time.
7. Feel free to bring a light snack to eat after your stress test.

*******TURN PAGE OVER TO CONTINUE THE INSTRUCTIONS*******

8. Wear treadmill appropriate clothing and sneakers or other closed walking shoes. Women should wear bras or sports bras during this test. Do not wear a one piece dress or a full slip. Bring a jacket, sweater or sweatshirt for your comfort in the waiting area. Do not use lotions or powder on your chest or arms. Do not smoke after midnight the night before your test.
9. **Please bring the following:** a list of your medications, the prescription or other WRITTEN ORDER for your test, insurance card(s), photo ID and your referral if it is required. Insurances requiring a pre-certification MUST be called to our office 48 hours prior to your test if you are a new patient. Our office will obtain pre-certification for any test ordered by The Heart House physicians.
10. Our office will call you 2-3 days before your test to discuss your medications and review the instructions for the test. Again, some medications MAY interfere with the test; we will advise you what medications not to take, if any.

Please note: If we are unable to reach you, you MUST CALL TO CONFIRM your appointment: 856-546-3006, ext. 2250. The radioactive material is ordered specifically for your test and cannot be used at a later date or time. If we cannot confirm that you will be here for your scheduled appointment, we will have to reschedule your test.

Information regarding your test: Information regarding your test: An intravenous line will be inserted into your arm for the injection of the radioactive material used to take the take resting pictures of your heart. After these initial images, you will undergo a treadmill exercise stress test. During the stress test the treadmill will go higher and faster every 2 minutes. A second injection of the radioactive material will be injected while you are walking on the treadmill. A second set of pictures will be taken which shows the stress pictures of your heart. Call us at 856-546-3006, ext. 2250 if you have any questions or concerns prior to your test.

Revised: December 2016