



Colorado Heart Clinic

A Division of  Healthy Connections

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NUCLEAR STRESS TEST INSTRUCTIONS

You have been scheduled for a Myocardial Perfusion Test. The test will take about 1 ½ hours. You may not eat anything for 4 hours prior to your scheduled exam. No caffeine or caffeine containing products (chocolate, coffee, decaf coffee, tea or soda) for 24 hours prior to exam. Drink plenty of water to stay hydrated, small amounts of juice or milk is okay, if necessary.

If you are pregnant, think you might be pregnant, or are breast-feeding, please inform your provider so that a different test can be arranged.

If you are taking a beta-blocker, you will be instructed to hold your beta-blocker for 48 hours prior to your stress test. (This applies to all stress tests that require use of a the treadmill)

If you are diabetic and taking insulin, take half of your usual morning dose.

If you have asthma, or other lung problems, or are taking Theophylline, let your doctor know if you are scheduled for a Persantine or Lexiscan Stress Test. Continue all other prescribed medications as usually taken.

ABOUT THE TEST

After you have checked in and signed the consent form, one of our technologists will go over your medical history and thoroughly explain the exam. You will get your first injection of radionuclide tracer and drink one glass of water over 15-20 minutes. This will help clear out tracer from your liver and stomach. You will then be placed under a camera for heart imaging.

For the second part of the test, you will either walk on a treadmill or have a chemical stress test with a medication, either Persantine or Lexiscan. This is decided by your physician. Please wear comfortable clothes and appropriate shoes for the treadmill portion of the exam. Following the treadmill or Persantine / Lexiscan injection, another set of heart images will be taken.

If you have been referred to the Heart Clinic of Colorado for testing only, your referring doctor will be sent the results.

The radionuclide tracers are expensive and specifically made for each patient. To cancel or reschedule your exam, please call 303-778-1171 24 hours prior to your scheduled exam. If testing is not cancelled or rescheduled 24 hours prior you will be billed \$150 to cover the cost of the medications which were ordered specifically for your test.