NORTH PHOENIX HEART CENTER
THE VALLEY'S PREMIERE CARDIOLOGY GROUP

PATIENT INSTRUCTIONS FOR NUCLEAR MEDICINE CARDIAC EXAMS

Your physician has scheduled a Nuclear Medicine stress test for you. This exam will take approximately 2 1/2-3 hours to complete. You will have an IV started when you arrive that will allow us to administer our imaging agent which will evaluate your heart at rest and under stress conditions. You will have no reaction to the imaging agent. You will undergo either a treadmill or pharmacological stress test. Two sets of ten minute pictures will be taken to complete this exam. If you are instructed to have a treadmill, please wear walking shoes and comfortable clothes.

RESTRICTIONS

No food or drink (including water) at least 4 hours prior to testing. No heart medications the day of the exam, unless instructed by physician. No caffeine 24 hours prior to test. Avoid drinks labeled caffeine free, aspirin products which contain caffeine and chocolate or desserts that contain cocoa. These restrictions do not apply to patients who are only having echocardiograms.

Please bring a snack, some reading material and all of your medications and inhalers with you to your appointment. No results will be given at the time of the test; they will be available at your follow-up appointment in five to seven business days.

*YOU MUST ATTEMPT TO CALL 24 HOURS PRIOR TO CANCELING THIS EXAM OR YOU MAY BE CHARGED FOR THE COST OF THE NUCLEAR MEDICINE INJECTION.

Nuclear Stress Testing: **Date _____/_____/_____ Time _____**

Additional Diagnostic Studies:

Echocardiogram	Date _____/_____/_____ Time _____
Carotid Ultrasound	Date _____/_____/_____ Time _____
Holter Monitor	Date _____/_____/_____ Time _____

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