



Suffolk Cardiovascular Consultants, PC

Daniel R. Landolphi
MD FACC FAAC
CARDIOLOGY

1920 Deer Park Avenue • Suite 104
Deer Park, NY 11729

Tel: 631.392.1680 Fax: 631.392.1683

www.DRLandolphi.com info@DRLandolphi.com

Nuclear Stress Test Instructions

Patient Name: _____ Date: _____

Medication Instructions:

NUCLEAR EXERCISE STRESS TEST

A nuclear stress test involves exercising on a treadmill or receiving a medication that simulates exercise. The test is used to assess your heart function and determine your likelihood of having coronary artery disease (blocked arteries).

What should I wear on the day of the test?

Please wear or bring comfortable clothes and shoes (sneakers) to exercise in. Avoid wearing any metal objects on your shirt or blouse (snaps, zipper or buttons).

Can I eat or drink the day of the test?

You may have juice, milk, water and/or toast up until 6 hours prior to your appointment. Do not eat or drink caffeinated or "decaf" products for 24 hours before your test. Caffeine will interfere with your test results. (For example: cola, chocolate, coffee, tea.)

Do not smoke for 24 hours before your test. Smoking will interfere with your test results.

Should I take my medications on the day of the test?

Please hold medications as noted above. In addition, do not take any over-the-counter medication that contains caffeine for 24 hours before the test. Many of the over-the-counter medications contain caffeine, such as: diet pills, No-Doz, Excedrin and Anacin. If you use an inhaler for your breathing, please bring it to the test.

Guidelines for diabetics.

If you take **insulin**, take only half of your usual morning dose before the test. If you take pills to control your blood sugar, do not take your medication until after the test has been completed. If you have a glucose monitor, bring it with you to check your blood sugar level, if needed.

What happens during the test?

An IV will be placed into a vein in your arm or hand, an ECG will be performed, and your blood pressure taken.

Sestamibi will be injected into the IV. This is a radioactive tracer that is used to take pictures of your heart- it is not a dye, and you can not be allergic to it. You will not feel it enter your body.

About 60 minutes later, you will be on your back, under the camera for approximately 15 minutes. The camera will record images that show how well your blood is circulating through the coronary arteries/heart muscle at rest.

You will then exercise on a treadmill. At first, the treadmill will move slowly without an incline. Then, the treadmill speed and incline will gradually increase. You will continue until you are fatigued. If you cannot exercise on a treadmill, you will be given a medication to simulate exercise. One minute before you stop exercising, Sestamibi will be injected into the IV.

About 15 minutes after you stop exercising, you will lie under the camera for approximately 15 minutes. The camera will record images of how well the blood is circulating through the coronary arteries/heart muscle under stress.

How will I feel during the test?

You will be encouraged to exercise until you are fatigued. It is normal for your heart rate, blood pressure, breathing rate, and perspiration to increase.

How do I get the results of my test?

Before you leave the office, we will schedule a follow-up appointment for you, with Dr. Landolphi, to review your results.

Please be aware that the medication ordered for your test is patient-specific. If you must cancel your test, we ask that you do so 24 hours before your appointment. Please contact the office, if you have any questions. **631.392.1680**