

NUCLEAR MEDICINE STRESS TEST (Nuclear Treadmill and Pharmacological Study)

This is a specialized test for diagnosing possible blockages within the coronary arteries. The certified cardiographic technician or nuclear technologist will verify that the physician has explained the test to you, obtained your consent and answered all questions concerning the test. A signed consent will be obtained. An IV will be started in your arm to allow injection of medication. An isotope, the radiographic tracer that is used to image the heart, will be injected through the IV. Pictures will then be taken of your heart.

For the next part of the study, the technician will attach electrodes to your chest. They will be connected to an EKG machine which monitors your heart rate and rhythm.

PREPARATION:

1. **24 HOURS PRIOR: NO SMOKING AND NO CAFFEINE** or caffeinated products such as coffee, soft drinks, soda or tea. This includes decaffeinated or diet products! No chocolate for 24 hours prior.
2. **6 HOURS PRIOR: No eating or drinking.** Water is okay but avoid caffeine. If diabetic and on insulin or oral hypoglycemic medications, you may eat a light snack with water only.
3. Bring a snack with you (sandwich, beverage, anything you desire) and the technician will inform you when okay to eat.
4. You may take all medications unless directed by your doctor.
5. Viagra or Cialas should not be taken for 24 hours prior to your test.
6. If you use an inhaler for asthma or COPD, please bring it to the test.
7. Please shower or bathe the day of test or evening prior. **DO NOT** apply lotion or powder to your chest.
8. Wear comfortable, loose-fitting clothes (separates) and walking shoes for exercise.
9. If you have mobility issues and are unable to walk or transfer yourself, you must bring a companion with you to help.
10. Please arrive 15 minutes prior to your appointment time for check in.

PROCEDURE:

This test will take about 3 - 4 hours in the office.

1. An IV will be started in your arm. A dose of a very safe radiopharmaceutical (Myoview) is injected. This travels through the body and concentrates in your heart. There are no side effects, and it does not change how your heart functions. The nuclear camera does not go over your head but pivots over the chest to take images of the heart. Next, to exercise your heart for the stress test, one of 2 methods will be used.
 - a. Nuclear Treadmill Study: You will be asked to walk on a treadmill until your heart reaches an 85% maximum predicted heart rate (calculation based on age). Your doctor may attend this part of the test. Once your heart rate has increased, the imaging isotope will be injected through the IV. Pictures will be taken a second time of your heart.

- b. Pharmacological Study: Lexiscan will be given through your IV for 10 seconds. You may or may not experience shortness of breath, chest discomfort, headache, nausea, and/or a warm flushed feeling. If experienced, these symptoms subside shortly after stopping the medication. Pictures will be taken a second time of your heart.

Important: If you are unable to walk or transfer yourself, you must bring an aid or companion to help you. Our staff cannot assist with transferring or lifting of patients. If you do not have assistance available, call our office and we will assist in scheduling you at another facility.

If you are pregnant or think you may be, notify your doctor before taking the test.

To avoid a \$200 cancellation fee, you must cancel this test at least 24 hours in advance by calling 858-244-6800.

Thank you,
San Diego Cardiac Center