



# CAPITAL HEART ASSOCIATES, P.A.

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INVASIVE, INTERVENTIONAL, NON-INVASIVE CARDIOLOGY AND PERIPHERAL VASCULAR DISEASE

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You've been scheduled for a Nuclear Stress Test at our Lake Boone Trail office in Raleigh. The following information includes instructions for your test and directions to our office. Should you have any further questions, please call our main office at **919-881-0160**.

Appt Date: \_\_\_\_\_ Appt Time: \_\_\_\_\_

## **PLEASE ARRIVE AT LEAST 15 MINS PRIOR TO YOUR SCHEDULED APPT TIME**

**\*Plan for your test to take 4-6 hours total**

**\*You may take all of your usual medications unless you have been instructed otherwise. If you're unsure, please call our office for clarification.**

### **Instructions:**

- **For 24 hours before the test: avoid all caffeine and decaf beverages or anything containing chocolate.** This includes coffee, tea, and all colas (regular, diet, and caffeine free). Avoid all over the counter medications containing caffeine. Water, milk, and juice are OK to have.
- Please do not eat for at least 3 hours before the test. If you are diabetic, you may have a light breakfast before your arrival. Please drink 2 glasses of water the morning of your test.
- Wear loose fitting clothes (preferably 2-piece outfits) and sneakers. A shirt that buttons down the front (no snaps) is helpful to women patients. Avoid lotions and powders to the chest area. Do not wear metal objects on your upper body. The Nuclear Suite may be cool due to special equipment, a sweater or jacket is recommended.
- Pack a bag lunch or feel free to go out to eat. There are no restrictions on beverages, meals, or medications during your lunch break. Eating after the stress portion of your test will help the quality of the pictures. If you were instructed not to take any medications before your test, this is the time to take them.

### **What To Expect:**

- Only you will be allowed in the Nuclear Suite due to State Regulations.
- You will sign a consent form for the nuclear test.
- An IV will be started and radioactive material will be injected. (There are no side effects to this material.)
- You will then remain in the Nuclear Waiting Room and are encouraged to drink water (provided).
- Resting pictures will be taken 45 minutes after the injection of radioactive material. Pictures take about 15 minutes.
- After pictures, you go to the treadmill room to have the stress portion of your test, either walking on the treadmill or having a chemically induced stress test.
- After the stress portion, you have 1 hour for lunch. The IV will be removed.
- Following lunch, pictures are taken for the last time. Pictures take about 15 minutes.