



Intercoastal **Cardiac & Vascular Specialists**

NUCLEAR RESTING STUDY AND STRESS TEST: 1-DAY PROTOCOL

Patient Name _____ Referring Physician _____

Test Appointment Date: _____ Day: _____ Time: _____

Address: Intercoastal Cardiology 965 S. Beneva Road, Sarasota FL, 34232 (941-366-1888)

*****PLEASE READ ALL INSTRUCTIONS AT LEAST 2 DAYS BEFORE YOUR TEST*****

Expect to be here for 2-3 hours to complete both portions of this test.

Nuclear Resting Test:

An IV will be administered and you will receive a dose of radioactive isotope. Shortly after, you will lie on a table as a Gamma camera encircles your chest and records images of your heart.

Nuclear Stress Test:

You will be hooked up to the EKG machine. You will walk on a treadmill until a target heart rate is reached. A dose of radioactive isotope will be given during the test while on the treadmill. Your heart rate, blood pressure, and EKG will be monitored during the test and recovery. You will then drink a glass of water and wait for more images.

Instructions for STRESS Test:

Medications: If you take **Aggrenox**, **Persantine**, or **Dipyridamole**, please call for special instructions.

- BETA-BLOCKERS listed on the back cannot be taken the day before or the day of the stress test, unless otherwise instructed (see attached list of Beta Blockers).
- The list has ALL of the names of beta-blockers that should be avoided. If the name of your medication is NOT on the list, please take it as you would normally.

Food:

- No alcohol or caffeine 12 hours prior to the stress test. This includes coffee, decaf, teas, sodas and chocolate.
- No food 3 hours prior to test, but you may continue drinking water up to your appointment time

Other:

- No exercise on the day of your stress test, before or after.
- Wear comfortable clothes, no dresses. Ladies, please wear/bring a bra.
- Wear walking shoes with a rubber sole that do not slide off the feet (No sandals, heels, etc).
- Shower or bathe before the test. Do not use lotions, creams, or oils on the chest. It is important that the skin is clean for adequate monitoring during the stress test.

Due to the nature of testing, only the medical staff and individual patients are allowed in the testing area.

BETA BLOCKERS

DO NOT TAKE DAY BEFORE OR THE DAY OF STRESS TEST

Acebutolol

Atenolol

Betaxolol

Bisprolol

Blocadren

Bystolic

Carvedilol

Coreg

Corgard

Corzide

Inderal

Inderide

Innopran

Kerlone

Labetalol

Levatol

Lopressor

Metoprolol

Nadolol

Normodyne

Penbutolol

Pindolol

Propanolol

Sectral

Tenoretic

Tenormin

Timolide

Timolol

Toprol

Trandate

Visken

Zebeta

Ziac