



# Capital Cardiology Associates

CARING FROM THE HEART | A BENCHMARK CARDIOLOGY PRACTICE<sup>SM</sup>

## Diagnostic Imaging Suite

**518-292-6030**

www.capitalcardiology.com

Corporate Woods - 7 Southwoods Blvd., 1<sup>st</sup> Floor, Albany, NY 12211

2200 Burdett Ave., 1<sup>st</sup> Floor, Suite 106, Troy, NY 12180

### Your Cardiac Nuclear Stress Test is Scheduled for:

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

No caffeine starting on: \_\_\_\_\_ Only plain water starting at: \_\_\_\_\_ on day of test

#### **Cardiac Nuclear Stress Test Exam Preparation**

**ALL** patients must follow the following instructions. Failure to follow these instructions may result in your exam being **rescheduled**.

**Please Note:** If you are pregnant, think you may be pregnant, or are breastfeeding, please call our office prior to your appointment to discuss at 518-292-6030.

#### **24 HOURS prior to your exam:**

- **NO CAFFEINE or DECAFFEINATED products, this includes:**

- Coffee (including regular and decaffeinated, brewed, instant, iced, etc.).
- Tea (including regular and decaffeinated, brewed, instant, iced, green, etc.).
- Soda (including regular, decaffeinated or diet).
- Chocolate (including cookies, candy, ice cream, frosting, milk, drinks, cereal, etc.).
- Energy drinks or supplements.

- **NO medications which contain CAFFEINE, this includes:**

- If you take medication for migraines, please check these medications for caffeine content prior to taking.
- Anacin®.
- Excedrin®.
- Persantine® (dipyridamole).
- Theophylline or theophylline containing products (including Quibron®, Slo-Phyllin® and Theo-Dur®).
- If you have any questions regarding medications please call our office, 518-292-6030.

- You may continue all other medications, unless directed otherwise by your doctor.

#### **The day of your exam:**

- **Nothing to eat or drink besides plain water 4 hours prior to your exam.**
- Plan on being at the office for approximately 3-4 hours.
- Wear warm, comfortable clothing.
- Avoid wearing the following items:
  - Dresses, Shirts with buttons or snaps
  - Jewelry, especially necklaces.

## **CANCELLATION POLICY:**

You will be charged a \$30 cancellation fee if you do not cancel your testing at least 24 hours prior to your scheduled appointment. Please call 518-292-6030 if you need to cancel or reschedule your appointment.

## **WHAT TO EXPECT FROM YOUR NUCLEAR STRESS TEST:**

- The exam will take 3-4 hours to complete.
- Our team will ask you questions about your medical history. A Nuclear Stress Test is safe for most people. If you're pregnant or think you might be pregnant, or if you're a nursing mother, tell your doctor before you have this test.
- A Nuclear Medicine Technologist will bring you into a preparation area and ask you about your medical history and insert a small IV into a vein in your arm/hand, and place electrodes on your chest.
- A radioactive tracer, Cardiolite will be given through your IV. There are no side effects to the Cardiolite. It is not a dye, contrast, or medication. It allows us to take images of the blood flow to your heart muscle. It is a diagnostic amount, and there are no restrictions from this injection.
- We can evaluate the blood flow to your heart at rest and/or at stress, when there is a demand on your heart.
- To evaluate the blood flow during Stress you will either walk on a treadmill or receive a medication, Lexiscan, through your IV line that simulates exercise, as it opens the blood vessels to simulate what occurs when you exercise. You will receive the injection of Cardiolite through your IV line at your "peak exercise" moment.
- Your heart rate, blood pressure and EKG will be monitored during your "stress" test.
- You will then return to waiting room and have a snack and beverage while the radioactive tracer circulates.
- Once called to the camera room, you will lay on the scanning table. The camera will image the radioactive tracer that shows the blood flow to your heart. The imaging takes less than 10 minutes.
- More than one set of images is often needed, and the Nuclear Medicine Technologist will explain the imaging to you.
- To read more about your test and Capital Cardiology Associates, please visit our website at [www.capitalcardiology.com](http://www.capitalcardiology.com).

