



Nuclear Imaging Stress Test

NO caffeine for 24 hours or this test may have to be rescheduled.

Caffeine is in the following items:

- Coffee, including decaf
- Tea/Iced tea, including decaf or Green Tea
- Soda
- Green tea supplements
- Anacin and Excedrin migraine headache medication
- Chocolate in any form (granola bars, cookies, ensure, ice-cream & etc.)
- Energy Drinks
- No Alcohol or drugs use to include marijuana
- Please hold any medication containing Theophylline; ie Aminophylline, Persantine, Pentoxifylline, Trental, Aggrenox, Dypridomole for 48 hours prior to testing.
- Nothing to eat or drink four (4) hours prior to testing, **except for water** and your medications
- Please wear comfortable clothing and footwear that you can exercise in.
- You should allow 3-4 hours for the procedure.

Radioactive Isotopes (also called "tracers")

Isotopes will be injected through a small intravenous port. Your heart muscle will absorb the isotope allowing the imaging camera to "see" if your heart is receiving the blood flow it needs. Isotopes do not cause symptoms, nor do they interact with medication. It would be very rare to have an allergic reaction to isotopes. Isotopes are different than contrast media (dye) used for CT scans. The amount of radiation from this test is equal to a few chest x-rays. **Isotopes contain radiation and are not given to females who are or may be pregnant.**

Stress Testing

A medication called Lexiscan (regadenoson)/ or Adenosine may be given through your vein, these medications may take the place of the treadmill. These drugs cause the blood vessels to relax, much like nitroglycerin. Common symptoms after the injection may include facial flushing, fullness in your throat, chest discomfort, the need to take a deep breath and sometimes a queasy stomach. Symptoms are the result of the blood vessels relaxing and they will go away within 10 minutes of stopping the medication. Please be sure to inform the staff if you have a history of asthma or emphysema/COPD.

Treadmill

The amount of time you spend on the treadmill varies on your age and physical ability. The treadmill will start off at a 10% grade at a speed of 1.7 miles per hour. Every three minutes the belt will get steeper and faster. The idea is for you to go as long as you can.

Images

Two sets of pictures will be taken of your heart. "Rest" and "Stress" pictures reveal the amount of blood flow your heart muscle is getting before and during the infusion of adenosine. Please inform the staff if you are claustrophobic, have difficulty lying down, or if you are unable to place your arms over your head.

Risks

Although the risk of injury during a stress test is rare, there is some risk associated with this type of test. Heart attacks and heart rhythm disturbances and their complications, including death can occur during any test on the heart. Your vital signs and EKG will be monitored during the test. You may request to stop the test at any time by asking the provider present to do so. It is believed that the chances of having a problem with your heart are greater without the information gained from this test than the risk of injury from the test itself.

Patient to hold _____ 24/48 hours prior to testing

Date, Time of Test: _____

It is important that you arrive in a timely fashion and prepared for your test. Tardiness may result in rescheduling so that other patients are not inconvenienced.

_____ **3125 E. Meridian Park Lp 200, Wasilla, AK**

_____ **3841 Piper St. Suite TLL-10, Anchorage AK LOWER LEVEL NEAR ELEVATORS**

As a courtesy, we will contact your insurance for the authorization/certification of your appointment/testing. We recommend that you call your insurance to verify what portion of your deductible has been met and any out of pocket expenses you have paid. This will enable you to know the amount, if any, you are responsible for at the time of service.

If you request or your insurance requires you to have testing at another facility, we would be happy to help arrange this test at your preferred providers location.