

Nuclear Imaging Stress Test

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Your doctor wants you to have a nuclear imaging stress test. This test will help your doctor see how well your heart works during exercise and at rest. The test also helps your doctor tell if your heart muscle receives enough blood.

This test has two parts: a rest portion and a stress portion. During both portions you will receive an injection of a small amount of safe radioactive solution into the intravenous (IV) catheter in your arm. There should be no side effects from this solution.

The solution will allow the blood flow to your heart to be highlighted on images taken by a scanning camera.

The test takes about 3 to 4 hours, including preparation time.

You may be scheduled to complete the test over 2 days. The stress portion will be done one day and will take up to 2 ½ hours. The rest portion will be done on another day and will take up to 2 hours.

Rest Portion

You will receive the radioactive solution while you sit in a chair. You will wait 30 to 60 minutes and then images of your heart will be taken.

Stress Portion

You will be connected to an EKG machine to monitor your heart. You will either walk on a treadmill or receive a medicine through your IV. The medicine simulates what happens to your body during exercise.

Your Test

Your doctor has ordered the rest portion along with this stress portion of the test:

- treadmill exercise stress test
- medicine stress test.

Date: _____

Time: _____ a.m. / p.m.

Date: _____

Time: _____ a.m. / p.m.

Locations:

- Allina Health Minneapolis Heart Institute — Baxter
13205 Isle Drive, Suite 100
Baxter, MN 56425
218-855-5280 or 1-888-806-0116
- Allina Health Minneapolis Heart Institute — Crosby
314 E. Main St.
Crosby, MN 56441
218-546-4334 or 1-866-546-4334
- Minneapolis Heart Institute at Lakewood Health System — Staples
49725 County 83
Staples, MN 56479
218-894-8259

Call if you have any questions about the test, date and time.

Before the Test

- If you are having a **medicine stress test** and are taking dipyridamole (Persantine®) or Aggrenox®, stop taking them for 48 hours before the test.
- Stop taking these medicines for 24 hours before the test:
 - acebutolol (Sectral®)
 - amlodipine besylate (Norvasc®)
 - atenolol (Tenormin®)
 - bisoprolol (Zebeta®)
 - carvedilol (Coreg®)
 - diltiazem hydrochloride (Cardizem®)
 - isosorbide dinitrate (Isordil®)
 - isosorbide mononitrate (Imdur®)
 - labetalol (Trandate®)
 - metoprolol (Lopressor®)
 - metoprolol SR (Toprol XL®)
 - nadolol (Corgard®)
 - nebivolol (Bystolic®)
 - NicoDerm® CQ® patch
 - penbutolol (Levatol®)
 - pindolol (Visken®)
 - propranolol (Inderal®)
 - sildenafil (Revatio®)
 - sildenafil citrate (Viagra®)
 - sotalol (Betapace®)
 - timolol (Blocadren®)
 - verapamil (Calan®).
- If you are having an **exercise or medicine stress test** **do not have any caffeine for at least 12 hours before the test. If you can, try to not have caffeine for 24 hours before the test.** This includes:
 - any caffeinated or decaffeinated beverages (such as coffee, tea or soda)
 - chocolate
 - medicines that contain caffeine (such as Anacin®, Excedrin® and NoDoz®) unless your doctor tells you otherwise.
- If you take theophylline or aminophylline, stop taking these medicines 24 hours before the test.
- Do not eat or drink anything for 3 hours before the test. You may have water at any time.
- Take all your regular medicines with water unless your doctor tells you otherwise.
- If you are taking nitroglycerin or you use an inhaler, please bring these medicines with you to your appointment.
- If you have diabetes, it is important to have good blood glucose levels before your test. If you have any questions about how to manage your diabetes, please talk with your primary care provider before your test.
 - If you use a glucometer, bring it with you if you need to check your blood glucose.
- Bring a list of your current medicines with you to your appointment. Include prescription and over-the-counter medicines, vitamins and herbals. Include the name of the medicine, how much you take, and the last time you took the medicine.
- Wear loose, comfortable clothing and walking shoes.
- Do not put lotion or oil on your chest.
- Tell your doctor if you are or think you may be pregnant.

Results of Your Test

The cardiologist will look at the images of your heart and send the results to your doctor. Your doctor will contact you with the results within 7 to 10 business days.