



Patient's name: _____ Appointment date: _____

Location: _____

HEART & VASCULAR INSTITUTE OF TEXAS

Nuclear Stress Test Patient Instructions:

Your physician has scheduled a special examination of your heart. This test is performed after an intravenous (IV) catheter is placed. This is used for injections of radioactive tracer that allows a scanner to take images of the heart. This procedure also includes a stress test either performed on a treadmill, or if you are unable to walk a medication will be used which will obtain similar results to that achieved on a treadmill stress test. The radioactive tracers are not dyes containing iodine. They are short lived isotopes which decay rapidly, and also are excreted from the body through urine and feces.

Please follow instructions carefully to avoid rescheduling

24 Hours before test:

- **No caffeine-containing foods/liquids.** Examples include: Coffee or tea, decaffeinated coffee or tea (including herbal tea), colas or soft drinks including those labeled caffeine-free, chocolate.
- **No alcohol or smoking-** including cigars, cigarettes, pipes, chewing tobacco.

Day of test:

- **Nothing to eat or drink 4 hours before your test **except water**.**
- Wear comfortable clothing. These can be any loose fitting clothes. (T-shirts, button down shirts, sweats, etc.) **Avoid wearing dresses,** or one piece garments, since you will be connected to an EKG machine during the stress part of the exam. **Note: Exam area tends to be cold.** You are welcome to bring a light zip-up jacket or sweatshirt; along with a snack to eat after the stress portion..
- If you are walking on the treadmill, please wear comfortable shoes (rubber-soled running, flat, or walking shoes.)
- **Continue to take your medications as prescribed, unless otherwise ordered by your physician.**
- If you use Viagra, Levitra, or Cialis, do not use them for 48 hours prior to exam.
- **If you are diabetic.** Do not take diabetic medications the morning of the exam. Please bring diabetic medications, and gluco-meter if used.
- Arrive 15 minutes early to check-in and bring your insurance cards with you.
- **Please allow approximately 3 hours to complete the exam.** Only patients will be allowed in the exam area.
- **Should you have to CANCEL your appointment,** Please notify the Scheduling Department at (210) 804-6000 or (210) 804-6026. **PLEASE GIVE AT LEAST 24 HOUR NOTICE** or you will be charged a \$25.00 fee. Radioisotopes are a special order and cannot be reused or stored.