

Nuclear Stress Test Instructions

Your Doctor has ordered the following Nuclear Stress Test.

- Cardiolute Treadmill Stress Test
- Lexiscan Stress Test
- Adenosine Stress Test

MAIN INSTRUCTIONS (*failure to follow these instructions may result in your exam being rescheduled*):

1. **Have NO caffeine in your system for 24 hours.** This includes decaf, chocolate, caffeinated sodas, coffee etc. Your exam may be canceled if you consume any caffeine within 24 hrs of your test.
2. **Don't eat or drink anything except for water 3 hours before your exam time.** Please bring a carbonated drink with you, soda or carbonated water. We do recommend that you drink water the morning of the exam so that your veins are better for the IV placement.
3. **Try to come alone to this exam or be dropped off.** We do not allow any guests to accompany you in the testing area for this exam. An escort can bring you to the lobby to drop you off and pick you up.
4. **Wear loose fitting clothing.** We recommend a simple t shirt and sweat pants with tennis shoes. Do not wear heels, sandals, a dress, shirts with metal on them, necklaces of any type, turtle necks or tight fitting clothing. Under wire bras are acceptable to wear for this exam. **Please do NOT wear any lotion** on the day of your exam. Please do not wear suspenders for this exam.
5. **Arrive on time.** If you are more than 15 minutes late we will have to cancel your exam due to the medication expiring since it is calibrated for your exam time.

Explanation of exam:

This exam is designed to determine the health of your heart muscle. An intravenous line will be inserted into a vein, followed by an injection of an imaging agent which has no side effects, followed by a scan on a camera that is similar to a dental chair for 10-15 minutes. After the first scan, we will stress your heart either by injecting a stress agent known as lexiscan/adenosine or naturally via you walking on a treadmill. After this portion of the test, you will drink your soda then we will do another scan for 10 minutes and your test will be concluded. **Please try to avoid bringing too many things to this exam as our storage space is limited. We recommend bringing a drink, a small jacket, and a book if you like to read as there will be portions of the exam where you will be waiting. If you plan on watching something on your cell phone, you must bring earbuds as we require cell phones to be silent. This test will take approximately 3 hours but may take less. Your results will be sent to your physician within 2-3 business days unless your exam is marked "STAT" in which case the results will arrive by the next day. Your physician will go over your results with you.**

Instructions regarding medications:

- If you have diabetes and take insulin injections or oral medication, take half your normal dose the morning of the test or check with your doctor who handles your diabetes about your medication dosage on the day of the test. (N/A if Dobutamine)
- If you are scheduled for an Adenosine or Lexiscan stress test, please take all of your medications as usual except Aggrenox, persantine (dipyridamole) hold for 48 hours and theophylline hold for 24 hours..
- If you use inhalers, have asthma or wheezing problems please let the staff know.
- If you are having a Cardiolute Treadmill or a Dobutamine test and are taking certain medications called beta-blockers or calcium channel blockers, such as Atenolol, Tenormin, Lopressor, verapamil etc. SEE LIST BELOW. Check with the Doctor who ordered the test and ask if you should stop taking only this medication for one or two days before the test.

Additional information:

If you are unable to keep this appointment, please notify our office at least 24 hours in advance. If cancellation is required with less than 24 hours notice or due to the ingestion of caffeine, a late cancellation fee of approximately \$145.00 may still apply. This is because the isotopes required to perform the test are perishable and are ordered specifically for you in advance.

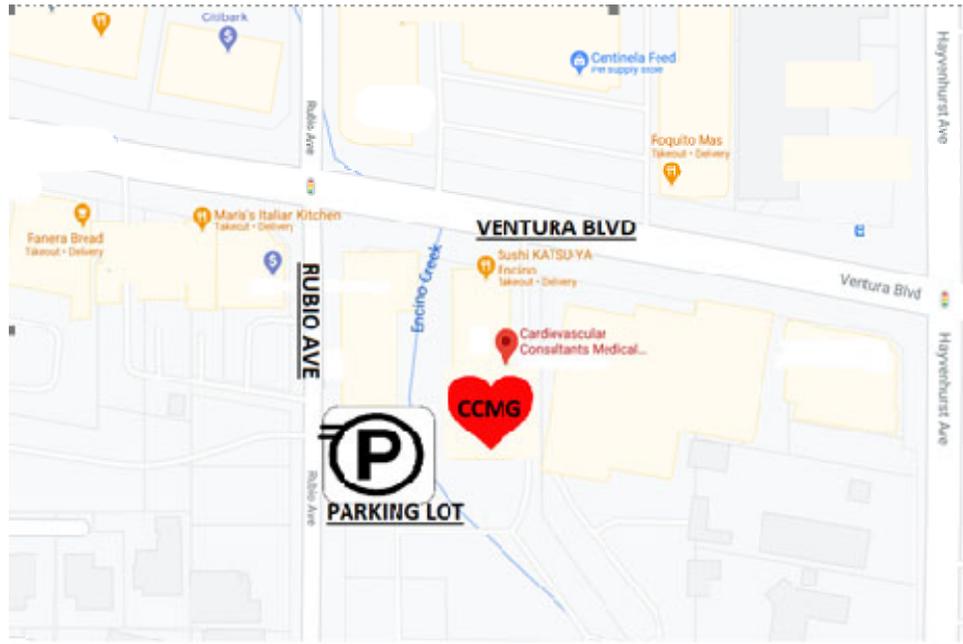
CARDIOVASCULAR CONSULTANTS MEDICAL GROUP

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CALCIUM CHANNEL BLOCKERS	BRAND NAME(S)
DILTIAZEM	CARDIZEM, CARTIA, DILACOR, DILTIA, TIAMATE, TIAZAC, TECZEM (in combination with the ACE inhibitor ENALAPRIL)
VERAPAMIL	CALAN, COVERA-HS, ISOPTIN, VERELAN, TARKA

BETA BLOCKERS	BRAND NAME(S)
ACEBUTOLOL	SECTRAL
ATENOLOL	TENORMIN, TENORETIC
BETAXOLOL	KERLONE
BISOPROLOL	ZEBETA, ZIAC
CARVEDILOL	COREG
CARTEOLOL	CARTROL
ESMOLOL	BREVIBLOC (only available for intravenous use)
LABETOLOL	NORMODYNE, TRANDATE
METOPROLOL	LOPRESSOR, LOPRESSOR HCT, TOPROL
NADOLOL	CORGARD, CORZIDE
PENBUTOLOL	LEVATOL
PINDOLOL	VISKEN
PROPRANOLOL	INDERAL, INDERIDE, INNOPRAN
TIMOLOL	BLOCADREN, TIMOLIDE (Eye drops)

Address and Map
16542 Ventura Blvd., Suite 402
Encino, CA 91436
(818) 782-5041



We know that parking is a challenge. The entrance to our parking lot is off Rubio. We will give you a 25% discount with our validation and valet is provided at no additional charge. The total charge to you will be \$10

Our staff will answer any questions you may have: 818-782-5041 Ext 121
Ask for Cindy or Joseph