

NUCLEAR IMAGING STRESS TEST PATIENT INSTRUCTIONS

You have been scheduled for a nuclear medicine **STRESS TEST** on:

_____ at _____ AM/PM

Go to: www.kzcardiology.com for directions and insurance information.

1. You may eat a small amount 4 hours prior to the test. Fasting is preferred if possible. **DRINK water!**
2. **NO CAFFEINE! NO DECAF!** (*See attached Do Not Take List*)
3. **Wear** comfortable clothes and walking shoes. Female patients may wear a short-sleeved button-front blouse or a **large T-shirt**.
4. **Bring** a list of your medications with you. Check with your cardiologist if you should take your medications on the day of the test. Attached to this sheet is a list of medications you should **NOT** take in the 24 hours preceding your test.

TEST PROCEDURE:

This test is designed to evaluate the coronary arteries and corresponding heart muscles.

1. When you arrive please check in at the front desk. You will be directed to the nuclear laboratory.
2. The nuclear medicine technologist will confirm your study and explain the procedure.
3. A small IV catheter will be placed in the vein of your arm. You will be given the first of two radioactive injections through the IV line. **THERE ARE NO SIDE EFFECTS OR ADVERSE REACTIONS TO THE RADIOACTIVE TRACER.**
4. Images of your heart will be taken at rest and again after stress (exercise or drug stress if you are unable to walk on treadmill).
5. The amount of radiation from the injection is less than a CT scan or two transatlantic flights.

BE PREPARED TO SPEND ABOUT 2 HOURS HERE AT OUR NUCLEAR LAB.

FINANCIAL AND INSURANCE REQUIREMENTS

1. **CANCELLATIONS:** If you are unable to keep your appointment, you must notify the office at least **24 hours in advance**. Otherwise you may be charged the amount necessary to cover the cost of the medications that were ordered for your study.
2. **CHARGES:** Many Insurance companies, other than Medicare, now require pre-authorization or pre-notification. YOU must call your insurance company as soon as possible (phone number on back of your card.) Give them this **CPT Code number—78452**.
3. After contacting your insurance company, please call our Billing Dept. (301-588-8831) so that we can record the authorization or give further assistance.
4. Call your primary care physician to obtain a referral for this test if your insurance requires one.
5. **New patients** to our practice must bring a referral for a Nuclear Stress Test from the referring doctor.

PRE-TEST INFORMATION FOR PATIENTS

Substances to avoid

Examples of products that contain caffeine or theophylline

DRINKS CONTAINING CAFFEINE

Brewed coffee	Pepsi®
Instant coffee	Diet Pepsi®
Decaffeinated coffee	Regular colas
Brewed tea	“Caffeine-free” colas
Iced tea	Dr. Pepper®
Instant tea	Mr. Pibb®
Coca Cola®	Mellow Yellow®
Diet Coke®	Mountain Dew®
Tab®	Cocoa

FOODS CONTAINING CAFFEINE

Chocolate candy
Chocolate-coated candy
Baking chocolates
Chocolate cake
Chocolate pudding
Chocolate milk
Brownies

PRESCRIPTION DRUGS CONTAINING CAFFEINE

Cafergot® (all forms)
Esgic® (all forms)
Fioricet®
Fiorinal® (all forms)
Norgesic™ and Norgesic Forte™
Synalgos®-DC
Wigraine® (all forms)

DRUGS CONTAINING THEOPHYLLINE

Aeorlate	Tedral® SA
Constant-T®	Theo-24®
Elixophylline®	Theoclear®
Primatene® (tablets)	Theo-Dur®
Quibron® (all forms)	Theolair®
Respbid®	Theo-Organidin®
Slo-bid®	Theo-Sav®
Slo-Phylline®	Theostat®
T-PHYL®	TheoX™

OTC DRUGS CONTAINING CAFFEINE

Anacin®
Excedrin®
No Doz®

DRUGS CONTAINING DIPYRIDAMOLE

Aggrenox
Persantine

**DO NOT TAKE ANY BETA BLOCKERS
IN THE 24 HOURS PRECEDING YOUR
NUCLEAR IMAGING STRESS TEST**

A LIST OF BETA BLOCKERS

BRAND NAME	GENERIC
Betapace	sotalol
Blocadren	timolol
Cartrol	carteolol
Coreg	carvedilol
Corgard	nadolol
Corzide	nadol/bendroflunetazide
Inderal	propranolol
Inderide	propranolol/HCTZ
Kerlone	betaxolol
Levatol	penbutolol
Lopressor	metoprolol
Normodyne	labetalol
Sectral	acebutolol
Tenoretic	atenolol/HCTZ
Tenormin	atenolol
Timolide	timolol/HCTZ
Toprol	metoprolol
Trandate	labetalol
Visken	pindolol
Zabeta	bisoprolol
Ziac	bisoprolol/HCTZ

EYE DROPS CONTAINING BETA BLOCKERS

BRAND NAME	GENERIC
Betagan	levobunolol
AK Beta	levobunolol
Betoptic	betaxolol
Optipranolol	metipranolol
Ocupress	carteolol
Timoptic	timolol

IV BETA BLOCKERS

Brevibloc (esmolol) is a beta blocker that is given intravenously / IV only