



SUMMIT
MEDICAL
GROUP

Nuclear Stress Test Instructions

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Dear _____ :

You have been scheduled for a ***Nuclear Stress Test*** on _____ at _____. The test will be performed at One Diamond Hill Road, Berkeley Heights. Second Floor of the Bensley Pavilion.

Nuclear stress testing is an important test for the evaluation of patients with suspected or known coronary artery disease. An intravenous line (I.V.) will be started prior to the procedure. A small amount of radioactive material will be injected into the I.V. and images of the heart will be taken. You will then undergo supervised treadmill exercise while being monitored. Repeat imaging will be performed following the exercise portion of your test. There are no known side effects or allergic reactions from the radionuclides used.

- **You should expect to be here for three to four hours.**
- Take all of your medicines (except the beta-blockers listed below) as regularly prescribed up until the time of the procedure unless otherwise advised by your cardiologist.
- No solid food for 4 hours before the test. You may have clear liquids. Please avoid caffeine-containing products on the day of the study.
- Please do not use any body lotion or body oils.
- Wear comfortable pants and sneakers or good walking shoes. A gown will be provided for you.
- You may bring an ipod with headphones, reading materials and a lite snack.

Do not take any of the following medications for **12** hours before the test.

COREG (CARVEDILOL), INDERAL (PROPANOLOL), KERLONE (BETAXOLOL), LOPRESSOR (METOPROLOL), SECTRAL (ACEBUTOLOL) (Unless otherwise advised by your Cardiologist)

Do not take any of the following medications for **24** hours before the test.

CORGARD (NADOLOL), TENORMIN (ATENOLOL), TOPROL XL (METOPROLOL ER), INDERAL LA (PROPRANALOL) (Unless otherwise advised by your Cardiologist)

We look forward to seeing you at the scheduled time. The radioactive material used during the stress test is time-sensitive and must be ordered in advance. ***If for any reason you will be unable to keep your appointment, please contact our office as soon as possible.*** After hours, you may leave a message on voice mail at 908-277-8716. Thank you,

Cardiology Department
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