



**SUMMIT
MEDICAL
GROUP**

Exercise Nuclear Stress Test Instructions - BH

MRN#

DOB:

Patient Name:

Date:

Provider:

Appointment Date: _____

Arrival Time: _____

Patient Name: _____

Your doctor has ordered an Exercise Nuclear Stress Test. The test will be performed at One Diamond Hill Road, Berkeley Heights, NJ. Please go to the Cardiology Department on the **second floor** of the **Bensley Pavilion**.

Nuclear stress testing is performed to evaluate patients with suspected or known coronary artery disease. After you arrive, an intravenous line (I.V.) will be started in your hand or arm. A small amount of radioactive material will be injected into your blood stream. This radioactive material travels to the heart and gives us information about its blood supply. Afterwards, you will need to wait for about 60 minutes. You will then lie on your back, underneath a camera, while images are obtained of your heart. You will then exercise on a treadmill while being monitored. A second injection of a radioactive material will occur at peak exercise. You will then need to wait about 20 minutes before a second set of heart images are obtained. If needed, you may be asked to lie on your abdomen for a third set of images as well. **Please plan on being here for three to four hours.**

- Unless otherwise advised by your doctor, please take all of your medicines (except the ones listed below)
- Do not eat any solid foods for 4 hours before the test. You may have clear liquids.
- Caffeine will interfere with the results of your stress test. Avoid all products containing caffeine as well as “decaffeinated” products for 24 hours before the test. Caffeine is found in coffee, tea, certain sodas, chocolate, and in certain medications.
- Do not smoke on the day of the stress test.
- Do not use any body lotion or body oils on the day of the test.
- Wear comfortable pants and walking shoes. A gown will be provided for you to use.
- You may bring a portable music player with headphones, reading materials and/or a light snack.
- **Do not** take any of the following medications for **12** hours before the test – unless otherwise advised by your doctor: Coreg (carvedilol), Inderal (propranolol), Kerlon (betaxolol), Lopressor (metoprolol tartrate), Sectral (acebutolol), nitrates (isosorbide, nitroglycerin)
- **Do not** take any of the following medications for **24** hours before the test – unless otherwise advised by your doctor: Bystolic (nebivolol), Coreg CR (carvedilol CR), Corgard (nadolol), Tenormin (atenolol), Toprol XL (metoprolol succinate), Inderal LA (propranolol LA), theophylline
- **Do not** take any of the following medications for **48** hours before the test – unless otherwise advised by your doctor: Viagra or Revatio (sildenafil), Levitra or Staxyn (vardenafil), Cialis or Adcirca (tadalafil), Stendra (avanafil), Persantine (dipyridamole), Aggrenox

The materials used during the stress test are time-sensitive and are ordered in advance. **If for any reason you are unable to keep your appointment, please contact our office as soon as possible.** After hours, you may leave a voice mail message at 908-277-8716.