

Texas Cardiology Associates of Houston

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Your Nuclear Stress Test Instructions

Your test day is on:

Date:

Time:

am pm

at the Kingwood Office.

Your follow-up appointment is on:

Date:

Time:

am pm

Kingwood Office

HNW Office

Humble Office

***Please come prepared to spend most of the day with us!**

****If you cannot keep your appointment, please call 24 hours in advance so we can cancel your shipment of Sestamibi and avoid being charged \$250.00!!**

ARRIVAL TIME:

It is essential for you to be on time for your appointment. It is also very important for you to keep your appointment if at all possible. The radioactive pharmaceutical is specially ordered for your scan. If you are unable to keep your appointment, please notify our office at least **24 hours** in advance. **Note: You will need to arrive 15 minutes prior to your appointment time.**

If YOU DO NOT cancel within 24 hours, YOU WILL BE CHARGED A FEE OF \$250.00 which insurance will not cover.

EATING:

- It is necessary that you **do not eat during the 4 hours prior to your appointment time**, doing so will cause your test to be rescheduled.
- **Diabetic Patients:** You may have a small amount of food as needed. You can decide when to take your medications bases on your eating schedule, so please bring them with you.
- **Please bring water or juice along with a lunch.** The technologist will let you know when you may eat.
- **Note:** You are allowed to drink some water or juice during your fasting period.

CLOTHING:

- We recommend you wear a loose, **2-piece clothing METAL FREE ON SHIRT**
- Please wear shoes suitable for exercise on our treadmill
- Please refrain from applying lotion or powder to your chest or arms on test day
- Women: If possible, refrain from wearing an underwire bra on the day of your test (i.e. sports bra)

MEDICATIONS: You may take your medications with water or juice, unless your physician has indicated otherwise.

About your nuclear stress test:

The purpose of your test is to determine if and/or where you have coronary artery disease and to find, if any, blockages in the vessels of your heart muscle. We do this by taking two pictures of your heart. The first picture, your stress scan, depicts the blood flow to your heart muscle when your heart is working hard. The second picture, your resting scan, depicts the blood flow to your heart muscle when you are at a relaxed state.

Exam is extremely useful to physicians for determining abnormalities of the heart and the extent of damage caused by disease.

When you arrive for your appointment, you will be asked to read and sign a consent form before the test is started. EKG electrodes will be placed on your chest so that we can monitor your heart rate before and during the test (some men may need to have chest hair shaved). We will place an I.V. in a vein of your hand and/or arm. You will exercise on the treadmill until your heart rate elevated to a sufficient level. The treadmill grade and speed will increase every 3 minutes. At your peak exercise a dose of Sestamibi will administered through your I.V. You will then receive an injection of Sestamibi. Sestamibi is a radioactive tracer that follows your blood flow and localizes in your heart muscle. There are no symptoms or side effects from this injection. Your stress images will then be ta ken after your treadmill completion. You will lie down on a table for about 30 minutes while a camera moves around your heart taking pictures. The I.V. will stay in until the test is complete. There is a waiting period between the first and second part of the test (approximately 1 ½ hours). You will receive a second injection of Sestamibi. This tracer will circulate for a short period and then take your resting scan. You will not receive your test results the day of your appointment, but at your follow-up with you physician. A copy of your test will also be given to your primary care physician.

The entire test will take approximately 4 hours.

If you are scheduled for a Dobutamine stress test:

You will not be walking on the treadmill. Instead, you will be given a drug, Dobutamine, to stress your heart instead of exercise. Dobutamine does have some side effects/symptoms that the technologist will go over with you before beginning. The Dobutamine will be given up to 12 minutes and the Sestamibi will be injected during this time. The side effects/symptoms of the Dobutamine will subside very quickly when it is stopped at the end of your 4 minutes. Your stress images will be taken 30 minutes after the Dobutamine infusion.

IT SHOULD BE NOTED; THE SESTAMIBI STRESS IS ABOUT 90% SENSITIVE AND A NORMAL TEST DOES NOT RULE OUT HEART DISEASE.