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NUCLEAR STRESS TEST

Patient: _____ Date & Time of test: _____

Purpose: This test shows how well your heart muscle is supplied with blood and helps to decide if there are any significant blockages in your coronary arteries.

Test Procedure: After you arrive, an intravenous line will be inserted into one of the veins. You will be connected to EKG cables and will be asked to exercise on a treadmill. This will be supervised by a physician. The duration of exercise depends on how quickly you reach your target heart rate. This can vary from 6 – 12 minutes. At peak exercise a special substance call Thallium will be injected into your bloodstream. You will be moved to the imaging room where you will sit comfortably on a chair and images from your heart will be obtained. This usually takes about 6 – 8 minutes. While you are sitting on the chair, an additional isotope will be injected into your bloodstream and further images will be obtained. This takes an additional 4 – 6 minutes. After the images are processed you will see the physician to go over the results. The intravenous line will be removed and you will be allowed to go home.

Duration: The test duration is 1 – 1 ½ hours, but this can vary from patient to patient.

Preparation:

- **DO NOT EAT OR DRINK ANYTHING 4 HOURS BEFORE YOUR TEST.**
You may however drink plenty of water on the morning of your test to keep well hydrated.
- **DO NOT DRINK CAFFIENATED BEVERAGES 24 HOURS PRIOR TO YOUR TEST.**
- No oil or lotion on your body on the day of the test.
- Wear loose fitting clothes and sneakers or walking shoes. No metal buttons or snaps on shirt or blouse. No metal underwire bras.
- Bring a list of current medications and doses. Viagra should not be used 24 hours prior to the test.
- If you are on Diabetic medication/ insulin do not take your medications/ insulin prior to the test. You will be able to take them after the completion of the test.

Location: 1715 N. George Mason Dr., Suite 107
Arlington, VA 22205

IF YOU NEED TO CANCEL OR RESCHEDULE PLEASE DO SO BY 2:00PM THE DAY BEFORE THE TEST. THIS CAN BE DONE BY CALLING OUR OFFICE AT (703)527-1400.