



## 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. A vasodilator called Lexiscan will be injected over 20 seconds. You might be asked to walk very slowly on the treadmill. 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 BEVERAGE 24 HOURS BEFORE YOUR TEST.**
- Do not drink caffeinated beverages 24 hours prior to the 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.***