

Test Procedures

- * An IV will be started in your arm, You will then be injected with a radioactive isotope.
- * Your first set of images will be 60 minutes later. These are your **Rest images** showing the heart at baseline. We will apply electrodes to obtain an EKG.
- * The Stress (exercise) portion of your test will be done using a treadmill, bike or medication which will simulate exercise.
- * A Nuclear Technologist will inject a radioactive isotope into your IV during the stress test.
- * After the test you will be monitored and allowed food and/or caffeine.
- * The **Stress images** will be obtained again 45-60 minutes after the stress portion of your test.
- * After the final set of images your test is complete.

**If you suspect you may be pregnant,
Please let the doctor know prior to
your test.**

Directions

(Note –Rt. 4 is Pennsylvania Ave.)

From Prince Frederick

Pass through Prince Frederick & proceed past Calvert Memorial Hospital (will be on your right). At the next light you will be at the intersection of Plum Point Rd & Rt. 4. Go thru the light & as you come up the hill, you will make a right turn into our complex. Our building is white brick with blue doors and the sign reads Calvert Medical Center and Carver Chiropractic Center. Go to the rear of the building all the way to end. Enter at the side entrance that says Patuxent Cardiology Associates.

From the Beltway

Head south on Rt. 4 approximately 25 miles from Rt. 495 until you reach the intersection of Plum Point Rd. & Rt. 4. (You will see a bowling alley on the left) Make a U-Turn at the light. At the top of the hill, make your first right into Calvert Medical Center & Carver Chiropractic Center. Go to the rear of the building all the way to the end. Enter at the side entrance that says Patuxent Cardiology Associates.

Patuxent Cardiology Associates **Nuclear Stress Test Instructions**

1 DAY “COMPLETE” TEST

Date: _____ Time : _____

This “complete” test will take about 4-5 hours.

2 DAY TEST

Day 1 **Day 2**

Date: _____ Date: _____

Time: _____ Time: _____

This “2 Day” test will take about 2-1/2 hours each day.

Appointments

The dose to do your stress test is specifically ordered for your test the day before and paid for by Patuxent Cardiology Associates and cannot be used for other patients. If you do not show up for your test, the dose is wasted and is not able to be reimbursed by your insurance company.

You must contact the office by 3pm the day prior to your test to confirm. We will make an attempt to call and confirm your appointment two days prior to your test as a courtesy. If we need to leave a message on your answering machine, it is your responsibility to call back our office and confirm that you will be coming for the test; otherwise we will cancel your test.

If over the weekend or you have an emergency after hours, you may call or text Lisa to cancel at (301) 602-4756.

(Tests scheduled before 12 pm)

- No Food or Nicotine (smoking) after midnight prior to your exam.
- No **Caffeine, Chocolate** or **De-caffeinated** beverages 24 hours prior to your exam. **YOU CAN HAVE WATER** the day of your exam.
- **Diabetic Patients:** If you have an AM Study, do not take your diabetic medications, bring them with you.

(Tests scheduled after 12 pm)

- No food at least 4 hours prior to your exam. No nicotine (smoking) after midnight prior to your exam.
- No **Caffeine, Chocolate** or **De-caffeinated** beverages 24 hours prior to your exam. **YOU CAN HAVE WATER** the day of your exam.
- **Diabetic Patients:** If you have a PM Study, take your AM Diabetic medications with breakfast.

DO NOT TAKE ANY OF THE FOLLOWING MEDICATIONS THE DAY OF YOUR EXAM:

- Aggrenox
- Betapace (Sotalol)
- Coreg (Carvedilol)
- Corgard (Nadolol)
- Inderal (Propranolol)
- Lopressor (Metoprolol)
- Tenormin (Atenolol)
- Toprol (Metoprolol)
- Theodur (Theophylline)
 - Bystolic
- **Any over the counter-Excedrin**

Please bring all prescribed medications listed above with you.

Responsibilities as a Stress Test Patient

PLEASE WEAR WARM CLOTHING, IT IS VERY COLD IN THE NUCLEAR LAB.

Do not apply lotion or powder to the front of your body.

- Wear loose fitting slacks or shorts and if possible a loose fitting shirt with no metal objects on it.
- Wear comfortable walking shoes.
- Do not wear a bra with an under wire. It will interfere with the imaging of the heart. You may wear a sport-bra.
- You may wish to bring a snack.
- You will be allowed to eat after the stress portion of your exam.

If you have any questions regarding the exam please call us at: 410-535-3612