

Patient Procedure Nuclear Stress Test

INFORMATION ABOUT THIS TEST

- This procedure evaluates heart function and measures blood flow to the heart to assess for evidence of blockages.

HOW LONG DOES THIS PROCEDURE TAKE?

- This procedure takes approximately 3.5 to 4 hours although there are periods of time (~30-45 minutes) where you will be sent to eat, read or watch TV during the study.
- You will be asked to walk on a treadmill to stress the heart. If you are unable to walk, we may administer a medication to simulate exercise and ask you to march in place or swing your legs to help distribute the medication.
- During exercise we will administer nuclear material through an IV which travels in the blood and highlights blood flow to the arteries in the heart.
- The amount of radiation exposure from the study is equivalent to spending a couple of hours in the sun or one CT scan, and the radiation lasts only hours in the body before disappearing.

WHAT PREPARATION IS REQUIRED PRIOR TO THIS PROCEDURE?

- We ask that you do not eat or drink after 10:00 pm the night before your test and avoid caffeine and even decaffeinated beverages after 8:00 pm the night before.
- You usually can take all of your medications as normally prescribed, although we may suggest holding insulin if you will be fasting for a period of time.
- If you are diabetic, we suggest you bring your glucometer (blood sugar meter) with you so that we can monitor your blood sugar during the test.
- If you are diabetic, we recommend eating something with peanut butter, soy “No Nut” butter, or a similar source of slow released sugar and protein the night before your test to keep your sugar up since you will be fasting.
- You should arrive in comfortable clothing that you would feel comfortable walking on a treadmill in.
- Plan to arrive at least 15 minutes prior to your scheduled procedure time on the day of the procedure.

WHO PERFORMS/INTERPRETS THIS PROCEDURE?

- This procedure is performed by a nuclear medicine technologist and a cardiac nurse.
- The procedure is interpreted by a Cardiologist certified in Nuclear Cardiology

FOR MORE INFORMATION or to make an appointment at URMC Cardiology at Highland Hospital, please call (585) 341-6780 or visit us online at www.highlandheart.urmc.edu