

Nuclear Stress Testing Instruction Sheet

Adenosine

Treadmill

Dobutamine

You are scheduled to have a Nuclear Stress Test at Atlantic Cardiology in Portsmouth, New Hampshire. Nuclear stress testing involves the use of a small amount of radioactive isotope, similar to that of an X-Ray, given intravenously, allowing your doctor to take pictures of your heart muscle at rest and at stress.

This is a two day test, requiring two (2) separate appointments of approximately 90 minutes each. On the **REST day**, there are no special instructions. You will be injected with the radioactive isotope, wait 40 minutes and then have "rest" pictures taken of your heart.

On the **STRESS day**, you will be given one of the following tests:

Adenosine Stress Test - you will be given a short acting medication called Adenosine. This medication is given by IV infusion and will dilate the blood vessels in your heart. You will wait 30 minutes and have the "stress" pictures taken.

Treadmill Stress Test - you will be required to walk on the treadmill. Please wear comfortable clothing and if possible sneakers. Walking allows the blood vessels in your heart to dilate. We must meet a certain heart rate and then the isotope will be administered. You will wait 20-30 minutes and then have "stress" pictures taken.

Dobutamine Stress Test - you will be given a medication called Dobutamine. This medication is given by IV infusion to increase your heart rate, in turn dilating the blood vessels in your heart. You will wait 30 minutes and have the "stress" pictures taken.

REST DAY

There are **NO special instructions** for this day.

You may eat and take all medications as scheduled.

STRESS DAY

NO food or drink containing caffeine for 24 hours before this test. Starting _____ at _____.

You need to **FAST** for 4 hours before this portion of the test.

NO food or beverages starting _____ at _____.

You may drink as much water as you like.

IF YOU USE INHALERS AT HOME, PLEASE BRING THEM TO THIS APPOINTMENT.

If you are a **diabetic**, you may have crackers and juice to help maintain your blood sugar.

Because the radioactive isotope is ordered specifically for you each day of your test, WE MUST HAVE 48 HOURS NOTICE TO CANCEL ANY PART OF THE TEST. If you have any questions, please call us at (603) 433-5300.