



Mid-Ohio Heart Clinic, Inc.

Cardiovascular Disease Specialists

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MID-OHIO HEART CLINIC, INC.

NUCLEAR MEDICINE CARDIAC STRESS TEST

Patient Instructions

You are scheduled to have an exercise stress test on _____ at _____. This is a monitored test using nuclear medication, which is given intravenously. You will exercise on a treadmill at various workloads. If you are unable to exercise due to physical difficulties, medication may be given in place of exercise. This will be evaluated upon your arrival. During the test, your heart rate, blood pressure, electrocardiogram and clinical symptoms are carefully observed. This data provides valuable information on the status of your heart, blood pressure and physical fitness. Before and after exercise, nuclear medicine pictures will be taken to assess the blood supply to the heart. The total time required to complete the test is usually 3-4 hours.

MEALS AND MEDICATION

It is very important that you avoid caffeine for 24 hours prior to your test. This includes decaffeinated products as well as all coffee, colas, chocolate and the brand names Anacin and Excedrin. Please do not eat anything 4 hours prior to your test and tobacco in any form should be avoided 4 hours prior to the test. You may drink water. If you are diabetic, please follow the treatment plan established by your physician for regulating your blood sugar. You should have received special instructions whether you should or should not take your medications prior to your test. If you did not receive special instructions regarding your medications, you should NOT take your morning medications, but please bring them with you to your appointment.

SMOKING

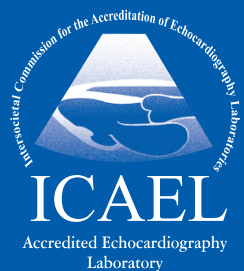
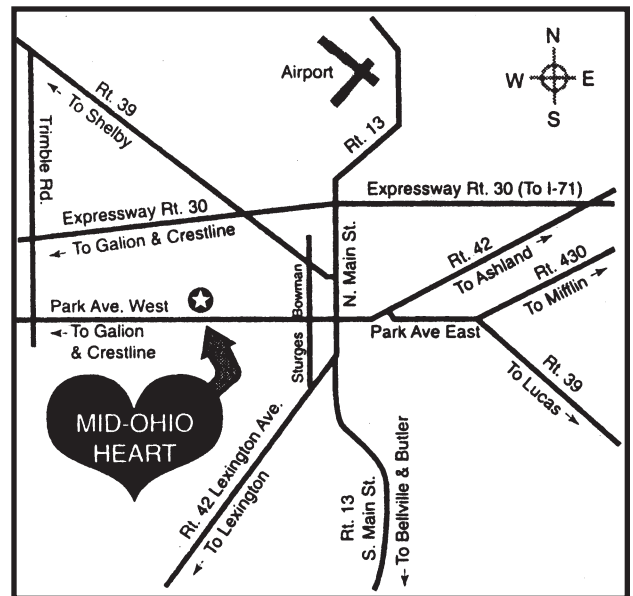
Since nicotine raises the heart rate and blood pressure, **tobacco in any form should be avoided four hours prior to test.**

ATTIRE

Wear loose fitting clothing and comfortable shoes for exercise.

IF YOU HAVE TO CANCEL,
PLEASE CALL OUR OFFICE
24 HOURS PRIOR TO YOUR
APPOINTMENT TIME.

Thank you.



Website:
www.midohioheart.com