## www.peakcardiology.com

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INITIAL:

### **Nuclear Stress Test Information Sheet**

Appoin	tment Date:	Appointment Time:	am/pm
	Nuclear Stress Test w/Treadmill (ima	ages and walking on a treadmill)	
	Nuclear Pharmocological Stress Test	t (images and non-walking or slow walking)	
1.	Appointments before 12:00 pm: Do	o not eat after midnight or the morning of the test.	
2.	Appointments after 12:00pm: Eat a Signal Appointment after 12:00pm: Eat a S	a small, non-greasy breakfast <b>before 8:00am</b> . mall, non-greasy breakfast about 2 hours before your appoir	ntment. <b>Do not</b>
2.	take your diabetes medications or ins Notes:	sulin the morning of the test.	
2	DO NOT take your beta blocker pre	escription of	the night
٥.	before or the morning of the test unle	ess otherwise directed by the physician or nurse.	
4.	DO NOT take your calcium channel	l blocker prescription of	the night
	pressure and prescribed medications	l blocker prescription ofess otherwise directed by the physician or nurse. You may to as scheduled.	
5.	NO CAFFEINE within 24 hours pr	ior to the test. Caffeine can be found in coffee, tea, colas, M	ountain Dew®,
_	energy drinks, and chocolate produc	ets. Drink plenty of <b>plain water</b> the day before and the day or referably with short sleeves, plastic buttons up the front, and	i your test. I walking shoes
6.	Wear comfortable cotton clothing p	vear dresses. No metal buttons, sequins, rhinestones, or spar	kling decoration
	nlease as it interferes with the electr	rodes and imaging.	
7.	Bring any blood pressure medicat	tions, diabetes medications, and asthma medications with	you to your
	annointment.		
8.	Please inform the technologist or p	physician if you are breastfeeding, are pregnant, or thinl	k you may be
	pregnant.		
9.	Please refrain from any physical a	activities prior to your nuclear stress test.	
radioa image being pressu will be second time (	ctive material (Cardiolite/Myoview) was are taken. You are then prepared for placed on your chest and stomach (more will be checked and a resting EKG injected through your IV while you are dinjection, you will be able to eat. You have hour). A second set of images with the picture quality	ill be inserted into your hand or arm through which a small a will be injected. You will then need to wait about one hour use the stress portion of your test (treadmill or pharmacological en please shave/trim chest hair at home before the test). It will be done. A second dose of radioactive material (Cardioare exercising on the treadmill (unless your test is pharmacou may bring a snack and drink or leave for breakfast/lurill be taken and you may be asked to take additional images or the test, you may proceed about the rest of your day as usual	onth your first  I) with electrodes  Your blood  blite/Myoview)  clogical). After the  nch during this  if the physician is
car sh	ould not present a problem.		
IF Y	IF THERE IS NO A	E CALL 48 HOURS PRIOR TO YOUR TEST AT 919-3 NSWER, PLEASE LEAVE A VOICE MAIL.	
	There is a \$200.00 pharmacy fee f	for any appointment not cancelled within the 48 hour windowed for each patient and cannot be used again.	w.

# CONSENT FORM FOR CARDIAC STRESS TEST

Purpose of the Procedure

The purpose of this cardiac stress test is to evaluate the ability of the heart to respond to exercise. The nuclear medicine technologist or physician has explained that the procedure can help determine whether you have coronary artery disease (CAD) or blockage of the arteries that supply blood to the heart. The exercise capacity of the heart will be determined. Any abnormalities of the heart rhythm will be recorded and reviewed by the physician.

### Procedure to be followed

An intravenous needle will be placed in your hand or arm and a radioactive tracer (Tc99m Myoview/Cardiolite) will be injected. You will wait 60 minutes and then a set of images will be taken. It will take approximately 15 minutes to acquire the first set of images. Following the first imaging process, you will have several EKG leads placed on your chest and upper abdomen. You will walk on a treadmill until peak exercise is achieved. If you are unable to walk on the treadmill, a pharmacological stress exam will be performed where a drug called Regadenoson will be administered. During the stress portion of the exam, another dose of the radioactive tracer will be injected. After the stress procedure is completed, you will wait another 60 minutes before a second set of images are acquired to complete the test.

### Potential Risk of Discomforts

As with any exercise procedures certain effects can occur during your exam. These include chest pain, dizziness, fainting, shortness of breath, heart attack, or death (one in ten thousand cases). This test will be performed by a physician, nuclear medicine technologist, and/or an assistant trained in exercise and pharmacological stress testing. The test will be stopped immediately if there are any indications that cardiac problems or complications could occur.

pregnant.		rsing, are pregnant, or think you might be
Last Menstrual Period:		
any person except my refer may be used for statistical of these read this form and	ring physician without my expressed	n an opportunity to ask any questions I may
	/	
Patient Signature	Print Name	Date
Witness Signature		Date