

## PATIENT INFORMATION

# NUCLEAR CARDIOLOGY

### WHAT IS Radionuclide stress testing?

Radionuclide stress testing involves injecting a radioactive material (typically Thallium and Myoview) into the patient's vein after which an image of the patient's heart becomes visible with a special camera. The normal heart muscle absorbs the radioactive material. Images are obtained in the resting condition, and again immediately following stress. The two sets of images are then compared. During stress, if a blockage in a coronary artery results in diminished blood flow to a part of the cardiac muscle, this region of the heart will appear as a relative "cold spot" on the image. This cold spot is not visible on the images that are taken while the patient is at rest (when coronary flow is adequate). Radionuclide stress testing, while more time-consuming and expensive than a simple echocardiograph stress test, greatly enhances the accuracy in diagnosing heart disease.

### INSTRUCTIONS

- No caffeine or alcohol 24 hours prior to the appointment time.
- Nothing to eat or drink 2 hours prior to the appointment time.
- Do not take any Beta Blockers (high blood pressure medication) in the morning. Patient is to bring medications with him/her. All other medications are okay to take.
- Patients with asthma or wheezing - please bring breathing medications/inhaler to the office and alert the technician (only for nuclear testing patients).
- Wear comfortable clothes (loose clothing with a front opening) and shoes.
- No creams, lotions or powder on the chest.

**STRESS TEST WILL TAKE ABOUT 1 HOUR; NUCLEAR TEST WILL TAKE APPROXIMATELY 3 HOURS.**  
**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT OUR OFFICE.**

### IMPORTANT

**MATERIALS FOR THIS EXAM ARE VERY EXPENSIVE - SPECIAL ORDER - MADE FOR EACH PATIENT BY 3 PM THE DAY BEFORE - DELIVERED TO THE LAB BEFORE 5 AM ON THE DAY OF THE EXAM. THE MATERIALS EXPIRE WITHIN 2 HOURS AFTER AN APPOINTMENT TIME. IF YOU WILL NOT BE ABLE TO KEEP YOUR APPOINTMENT, PLEASE INFORM US BY 3 PM THE DAY BEFORE SO THESE MATERIALS ARE NOT WASTED. A WASTED MATERIAL FEE IS APPLICABLE FOR AN APPOINTMENT NOT CANCELLED BY 3 PM THE DAY BEFORE YOUR APPOINTMENT.**