



## TREADMILL NUCLEAR STRESS TEST

### What is a Treadmill Nuclear Stress Test?

A Treadmill Nuclear Stress Test is a test to evaluate your heart's response to stress. You will walk slowly on a treadmill at first. The speed of the treadmill will increase at intervals. A radioactive isotope is administered during the test, 2 sets of pictures of your heart will be taken under a special camera. One set of pictures will image your heart while your heart is at rest before treadmill and another set of pictures will be taken while your heart is stressed, after exercising on the treadmill. The pictures will show where and how the radioactive isotope is taken up by the heart muscle, and will tell the doctor how well blood flows to your heart muscle.

### Why do I need to have this procedure done?

To obtain more information about the condition of your heart and the blood flow to the heart muscle.

### How should I prepare for the procedure?

- You will not be allowed to eat or drink anything for 4 hours before the procedure.
- Do NOT drink any caffeine or decaffeinated sodas, teas or coffees for 24 hours before the test.
- Do NOT eat any chocolate foods for 24 hours before the test.
- Dress in comfortable clothes and footwear that will allow you to walk quickly on the treadmill.
- Your doctor will advise you about taking your medications prior to the procedure.

### What can I expect before and during the procedure?

- The stress test will be performed in the clinic office.
- Once you arrive to the clinic, you will sign a consent form.
- An IV will be placed in your arm.
- A heart monitor will be placed on your chest and a continuous EKG will be monitored.
- Your blood pressure and heart rate will be monitored throughout the test.
- Our staff will be monitoring you closely before, during and after the test.
- You will start by walking on the treadmill, with the speed gradually increasing.
- While you exercise on the treadmill, the radioactive isotope will be injected.
- The entire test (exercise and 2 sets of pictures) generally takes approximately 3-4 hours.
- You may bring a snack to eat in the clinic once you are told by the technician it is OK to eat/drink.

### Is there anything specific to do after the test?

- No special care is required after the test. You may return to your usual activity level and diet, immediately after the test is complete, unless the doctor has instructed you otherwise.

Please don't hesitate to call our office at (480) 782-0101 if you have any questions or concerns.