

## Nuclear Stress Test

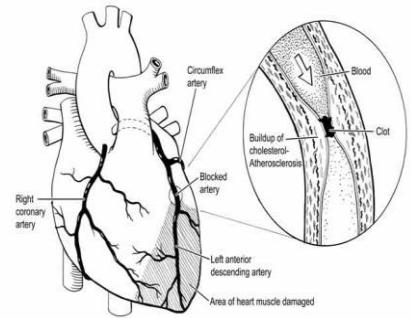
### What Is a Nuclear Stress Test?

A nuclear stress test measures blood flow to your heart at rest and while your heart is working hard as a result of physical effort or when stressed with medication.

The test usually involves taking two sets of images of your heart — one while you're at rest and another after you heart is stressed, either by exercise or medication.

### Why Am I Having This Test?

1. **To diagnose coronary artery disease.** Your coronary arteries are the major blood vessels that supply your heart with blood, oxygen and nutrients.
2. If you have symptoms that might show coronary artery disease, such as shortness of breath or chest pains.



### How to Prepare:

- **DRINK PLENTY OF WATER PREVIOUS DAY AND MORNING OF THE TEST**
- DO NOT eat anything after 12 am (Midnight)
- NO caffeine in the form of soda, tea, coffee, and dark chocolate **24 hours** before test
- DO NOT take your morning medications, but bring them with you to the test.
- DO NOT take the following drugs/classes of drugs after your evening dose:
  - *Calcium Channel Blockers:* Amlodipine, Diltiazem, Nifedipine, Verapamil
  - *Beta-Blockers:* Atenolol, Carvedilol, Labetalol Metoprolol, Propranolol
  - Digoxin (Lanoxin)
- If you use an inhaler for asthma or other breathing problems, bring it to the test.
- Wear comfortable, **loose fitting** clothes & walking shoes if you are to exercise on the treadmill
- The rooms are cool so please dress warm or bring a jacket

**YOU WILL BE HERE FOR THREE TO FOUR HOURS PLEASE BRING SOMETHING TO DO**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**This test is only done in our Springboro office on Saturday mornings located at:**

325 North Main Street  
Springboro Ohio, 45066

**Tel:** (937) 619 0101