

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 your 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 pain.

How to Prepare:

- **DRINK PLENTY OF WATER ON THE PREVIOUS DAY & MORNING OF 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 there for 3 to 4 hours, please bring something to do**

Date: _____

Time: _____

**This test is done in our
Springboro office on Tuesday
mornings.**

Location:
325 North Main Street
Springboro Ohio, 45066
Tel: (937) 979 1038

