

Nuclear Test

You have been scheduled for a "Nuclear Test". The Nuclear Test consists of two phases.

1. **Resting Phase** - This is a scan of your heart while you are "resting".
2. **Stress Phase** - This is a scan of your heart after an appropriate form of "stress".

A small IV will be placed into your hand or arm. During both phases a very small amount of a nuclear isotope will be injected into the IV. You will then lie flat on your back for 15 minutes while the Nuclear Camera slowly moves around your chest taking blood-flow pictures of your heart. There is no danger from a nuclear scan, as you will only receive a small amount of the isotope.

Depending on your medical condition and any possible physical restrictions, the "Stress Phase" can be either:

1. Actual Exercise on a treadmill. You will walk on a treadmill that will increase in speed and elevation every three minutes. The whole purpose is to get you "tired".
OR
2. Medication induced Stress. Medications given through the IV to simulate exercise on your heart. During this phase (unless you are incapable of walking) you may be asked to casually walk on a treadmill.

During the "Stress Phase" your heart and blood pressure will be monitored. Afterward you will be taken to the camera for a scan.

The Resting Phase takes about 20 minutes and the Stress Phase takes about 30 minutes. There will be approximately a 2-hour wait between each phase. *In rare instances you may be asked to leave and come back 3 to 4 hours later.* The total time you will be at physician's office will be approximately 2½ to 3 hours. *(unless you are asked to leave and come back)*

YOUR APPOINTMENT IS SCHEDULED ON _____ AT _____

INSTRUCTIONS BEFORE THE NUCLEAR TEST

1. **NO CAFFEINE:** For 24 hours before your appointment time. (This includes coffee, tea, colas, chocolate, *this also includes any de-caffeinated products. Many de-caffeinated products actually contain caffeine*).
2. **NO EATING:** For 2 hours before your appointment time.
3. Water and Fruit Juice are the ONLY fluids you may drink.
4. Certain medications cannot be taken 24 to 48 hours prior to your appointment. You will be instructed to which medications to withhold.
5. Wear comfortable clothing and appropriate shoes for exercising.
6. Allow yourself approximately 3 to 3 ½ hours for the entire process. If you need to leave and come back (as described above) you will know at the time your test is scheduled.
7. If you have Diabetes, please bring a snack with you.
8. Please bring a list of your medications with you.

If you need to cancel your appointment, please do so at least 24 hours prior to your appointment time. The materials used for this procedure are time sensitive and are ordered specifically for you. The cost of this material is \$140 per test. If a test is cancelled without proper notice, you will be billed for this amount. If you have any questions, or need to re-schedule your appointment time please call us at: 480-962-9494.

This test may have some out of pocket costs. Please check with your insurance company for any remaining balance you may be responsible to pay. Thank you for your cooperation!

215 S. Power Rd. #106
Mesa, Az 85206

Your test is schedule with:



Located at:

2157 E. Baseline Rd. #101
Tempe, Az 85283