



Primary Care ASSOCIATES

Family Medicine ■ Pediatrics ■ Internal Medicine ■ Physical Therapy ■
a division of **u**nity health network

Exercise Nuclear Stress Test Instructions

Appointment(s) Date: _____ Time: _____
Date: _____ Time: _____

Please arrive 15 minutes prior to your scheduled appointment time for registration and insurance purposes.

Place: Primary Care Associates, Inc.
4465 Darrow Road
Stow, OH 44224
(330)688-9501 or (330)678-7782 Kent Office

Located on Rt. 91 across from the Ross Commons Complex

How long will it take?: The test consists of two parts which take approximately 3-5 hours with breaks throughout the test.

- Preparation:
1. Please shower or bathe the day of the test. **Do NOT** apply lotions, powders or perfumes directly to the skin of your chest. You may wear deodorant.
 2. Wear loose fitting, comfortable clothing, a shirt that buttons all the way down the front and walking shoes. Ladies, please **DO NOT** wear an under wire bra or panty hose.
 3. **Do NOT** eat or smoke six (6) hours prior to the scheduled test time. Your healthcare provider may ask you to make additional dietary changes.
 4. **Do NOT** eat or drink anything caffeinated or decaffeinated 24 hours prior to the test (this includes coffee, tea, pop and chocolate). You may have water, milk or juice. It is very important to continue drinking fluids prior to the test.
 5. If you wish, bring a snack (sandwich, fruit, juice, beverage, etc...) You will have an opportunity at some point during the test to eat.
 6. **IF YOU ARE DIABETIC**, please contact your physician that manages your diabetes for instructions and additional medication changes that may need to occur for this test.
 7. Please inform the nurse or technologist if you have asthma or any asthma symptoms (such as shortness of breath or wheezing).
 8. If you have an inhaler, bring that with you the day of the test.
 9. Bring a list of current medications and dosages or the bottles of medications. Please ask your healthcare provider if you should discontinue any medications prior to or the day of the test. Otherwise, you should take your medications as you normally would.
 10. If you are taking any of the following medications you may be asked to hold them up to 48 hours prior to the test:

Generic Name	Trade Name
Carvedilol	Coreg
Labetalol	Normodyne/Trandate
Metoprolol	Lopressor/Toprol XL
Pindolol	Visken
Atenolol	Tenormin
Sotalol	Betapace
Dipyridamole	Persantine/Aggrenox

This list is not all inclusive. Please ask your healthcare provider.

11. Please hold all water pills the morning of the procedure.
12. Bring your insurance card(s) and a complete referral form, if necessary, with you.

Precautions: If you think you may be pregnant, if you are pregnant or breast feeding, please tell your doctor immediately.

- What you can expect:
1. The nurse and/or the nuclear medicine technologist will explain the test, ask you questions and have you sign a consent and insurance form.
 2. The nurse or technologist will prepare you for the test by prepping your chest and applying electrodes.
 3. An intravenous (IV) line will be started in your arm by the nurse. You will then be injected with a radioactive isotope (this is not a dye or contrast material).
 4. You will need to wait about 30 minutes after the injection, at which time pictures, lasting 15-20 minutes, will be taken.
 5. You will then walk on a treadmill or you may also have medicine injected to assist with the process. During this time, your EKG and blood pressure are monitored closely. At the end of this portion of testing another injection of the radioactive isotope is given.
 6. After a monitoring period of 15-20 minutes, your IV line is removed and a final set of pictures are obtained.

How to get results: A cardiologist will study all of the pictures and the EKG's. A report will be prepared and sent to your physician. The process may take a few days to a week. A healthcare provider will discuss the results with you.

Questions: If you have any questions or concerns about your appointment, you can call any of the Primary Care Associates, Inc. offices listed below:

Hudson
5655 Hudson Dr.
Suite 130A
Hudson, OH 44236
P: (330) 655-3840

Stow
4465 Darrow Rd.
Stow, OH 44224
P: (330) 688-9501

Tallmadge
116 East Ave.
Suite 3
Tallmadge, OH 44278
P: (330) 633-7782

Kent
307 W. Main St.
Suite B
Kent, OH 44240
P: (330) 678-7782

Streetsboro
9150 Market Square Dr.
Suite 201
Streetsboro, OH 44241
P: (330) 626-0508