

If you have questions or need to change your appointment please call the Scheduling Department at 816-691-5267.

## CARDIAC NUCLEAR STRESS TEST (SPECT) APPOINTMENT INFORMATION

Patient Name: \_\_\_\_\_

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

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

A cardiac nuclear stress test (Spect) is a diagnostic examination used to determine if your heart muscle is receiving an adequate blood supply at rest and during stress. The exam usually takes approximately 3 hours and involves either exercising on a treadmill or receiving IV medication called Regadenoson. Regadenoson causes the blood vessel to dilate as in exercise without physically walking. Please wear comfortable clothes and shoes even if you are unable to walk.

- During the first phase, an IV is placed into your arm and the isotope is given. The isotope is a heart tracer that allows the heart muscle to be imaged. (resting portion)
- After 45-60 minutes, you are placed under the camera to obtain resting images of your heart muscle. The images take approximately 20 minutes.
- Following the pictures, the stress phase begins.
- At this time, you are either instructed to exercise by walking on the treadmill or administered IV Regadenoson.
- You are monitored by EKG and blood pressure followed by a second injection of isotope. (stress portion)
- Once the stress phase has been completed, you are instructed to eat a high fat meal and return in 45 minutes to take final stress images of your heart. This completes your study.
- If you are doing the 2<sup>nd</sup> day protocol, the stress portion will be day 1 and the resting portion on day 2 (next day).

(please check in 15 minutes prior to appt. time)  
**INSTRUCTIONS**

- 1. Hold coffee or any caffeine products 12 hours prior to test.** (This includes any drinks labeled caffeine free, or decaffeinated.) In addition, tea chocolate, Excedrin, Anacin, all forms of cafergot, Darvon, and Fiomal).
- 2. The following medications should be held prior to the test.**
  - **Hold all Nitrates or Nitroglycerin for 12 hours prior to the test.** (This includes Imdur, Isosorbide, Isordil, Nitro-bid). Remove nitro patches 2 hours before the test.
  - **Hold Theophylline 24 hours and Dipyridamole containing medications 48 hours prior to the test.** (This includes Persantine, Pletal (Cilostazol), Aggrenox) if OK with the doctor that prescribed them.
  - If you are walking on a treadmill and instructed by your physician, hold any Beta-blockers for 24 hours. (This includes Tropol-XL, Metoprolol, Lopressor, Atenolol, Coreg, Bystolic, etc.)
- 3. Eating and Drinking:**
  - For morning procedures, nothing to eat or drink 6 hours before the test.
  - For afternoon procedures, patient may have a light breakfast but nothing to eat or drink 6 hours before the test.
- 4. Diabetic Patients:** If you are diabetic, please hold all oral diabetic medications (glucophage, glyburide, avandia). Bring a ½ dose of insulin with you to your appointment.
- 5.** If you use an inhaler, please bring with you to the appointment.