



# TRI-CITY CARDIOLOGY

## Nuclear Stress Test

### Test Ordered:

☐ Regadenoson (no exercise/LLE Regadenoson)

**NO Caffeine**

### What does the test show?

- This test will show how well the blood flows through the heart muscle.

### What will happen throughout my visit?

- For the stress portion, medication will be injected to imitate exercise.
- A consent form will need to be signed. Females below the age of 50 will need to sign a consent form stating they are not pregnant. If there is a possibility of pregnancy, we will request a pregnancy test be performed.
- For one day testing please plan on being in the office for 2-3 hours; two day testing 1.5 hours **Nuclear**

### **Stress Test Preparation Instructions:**

- To provide very good care and protect your privacy, family members will be asked to remain in the waiting room. If you bring children, you must bring someone to supervise them in the waiting room while your test is performed.
- **No caffeinated OR decaffeinated products for at least 12 hours prior to your test, including:**  
-- Coffee -- Chocolate -- Tea -- Soda -- Migraine medications (such as Excedrin/Anacin) **Drink plenty of water the day before and the day of your test.**
- Please do not eat **2 hours prior to a nuclear test.** Unless you're diabetic. If you have diabetes, please eat at your scheduled meal times.
- For respect of your safety, **please wear closed toe/closed heel walking shoes** and a comfortable two piece outfit. **No** dresses please.
- To provide very good care, please do not use any body lotions or oils on the chest area the day of the test.
- Take all of your normal medications as prescribed.

Use the QR code below to watch a short 2-minute video with tips to help you get ready for your upcoming stress test.

Learning about the test and what to expect can help you feel more at ease and better prepared on test day.



No app download is required to use this QR code.

For iPhone and Android devices, follow these simple steps:

1. Open the Camera on your mobile device
2. Hold device so that the QR code above appears in the camera's viewfinder
3. Device will recognize the QR code and a notification will pop up
4. Tap the notification to view the video in your browser