

INFORMATION FOR YOUR ADENOSINE NUCLEAR STRESS TEST

WHAT IS AN ADENOSINE NUCLEAR STRESS TEST?

If you are unable to exercise for the test, your doctor may decide to use a drug or pharmacologic stress agent called adenosine. This drug is given via an IV line, and it simulates the effects of exercise. This will increase the flow of blood to your heart. Even though you are undergoing a stress test by pharmacologic means, the doctor may ask you to perform a low-level exercise such as using a hand grip, walking slowly on the treadmill or some other small movement.

Approximately 30 minutes following the adenosine portion of your test, images will be taken while you sit in a chair in front of the camera.

Two sets of pictures will be taken. This will require two visits to our office, one for the stress part of the test and the other for the resting part of the test.

A 24-HOUR NOTICE OF CANCELLATION IS REQUIRED. THE RADIOACTIVE TRACER MATERIAL FOR YOUR TEST IS ORDERED IN ADVANCE AND IS DELIVERED DAILY. IT IS NOT REUSABLE. YOU MAY BE RESPONSIBLE FOR THE COST OF THE MATERIAL IF YOU FAIL TO CANCEL.

PREPARING FOR YOUR ADENOSINE NUCLEAR STRESS TEST

- Do not eat four hours prior to your test. Water, juice or uncaffeinated products can be taken up to the time of the test.
- Do not have any caffeinated products 24 hours prior to your test. See attached list for items containing caffeine. Be aware that some over-the-counter medications, such as Excedrin[®], may contain caffeine. Please check the label for the ingredients.
- Do not smoke on the day of the test or use any form of nicotine products.
- If you are a diabetic, juice or a light meal is allowed with insulin (half of your normal dose). If you take pills to control your blood sugar, do not take your medication until after the test.
- Please hold the medications on the attached list unless your physician tells you otherwise. Water pills, such as Lasix or furosemide, can be held until after the test is completed. All other medications can be taken as usual.
- If you use an inhaler for breathing, bring it to the test.
- Wear loose, comfortable clothing.
- If you have active asthma or significant lung disease, inform the office prior to the testing. Adenosine can cause wheezing and may not be an appropriate drug for you.
- Please inform us if you are taking theophylline-containing medications used for lung conditions.
- Do not apply lotions or powders to the chest.

WHAT HAPPENS DURING THE ADENOSINE NUCLEAR STRESS TEST?

- Before the procedure, you will be given an explanation of the test and then asked to sign a consent form.
- A nurse or technician will insert an intravenous catheter into your hand or arm.
- Electrodes will be placed on your chest and connected by wires to the EKG machine, which allows for continuous monitoring of your heart rhythm.
- A nurse or technician will supervise your test.
- Your blood pressure will be checked frequently and your EKG is continuously monitored.
- Adenosine is administered through the intravenous catheter over a six-minute period.
- Midway through the infusion of adenosine, a second tracer is injected into the intravenous catheter.
- You may experience a flushed feeling, which is a normal response to the adenosine.
- Report any symptoms of chest pain, shortness of breath or dizziness.
- Some people will walk on a treadmill at a very slow rate during this portion of the test.
- After the test is completed, your blood pressure and EKG will be checked for several more minutes.
- You will then go to the waiting room for approximately 30 minutes.
- After that, you will have images of your heart taken, which will take approximately 20 minutes.
- The procedure takes about two hours to complete.

RESTING PORTION

- For the resting part of the test, there are no restrictions.
- You may eat as you would normally.
- You may take your medications as you would normally.
- This part of the test is done as a separate office visit.
- A technician will give you a second dose of just the imaging material.
- You will once again sit in a chair, and a camera will take images of your heart at rest.

WHEN WILL I KNOW THE RESULTS OF THE ADENOSINE NUCLEAR STRESS TEST?

- The final interpretation of the test results will be completed by a cardiologist.
- The physician ordering your test and family doctor will receive a report of the test.

MEDICATIONS TO HOLD

The following medications must be held 48 hours prior to your nuclear adenosine stress test: **Aggrenox[®], Persantine[®], Pletal[®] and Trental[®]**. Please hold **Cialis[®] for 72 hours** and **Viagra[®] for 24 hours** prior to the test. If you are on **theophylline**, you must notify us prior to your appointment.

PRETEST INFORMATION

Substances to avoid: **caffeine and theophylline**. Below are examples of products containing these substances.

DRINKS CONTAINING CAFFEINE

Brewed coffee	Instant tea	Pepsi [®]	Mr. Pibb [®]
Instant coffee	Coca-Cola [®]	Diet Pepsi [®]	Mellow Yellow [®]
Decaffeinated coffee	Diet Coke [®]	Regular colas	Mountain Dew [®]
Brewed tea	Tab [®]	Caffeine-free colas	Cocoa
Iced tea	Energy drinks	Dr. Pepper [®]	

FOODS CONTAINING CAFFEINE

Chocolate candy	Baking chocolates	Chocolate pudding	Brownies
Chocolate-coated candy	Chocolate cake	Chocolate milk	

PRESCRIPTION DRUGS CONTAINING CAFFEINE

Cafergot [®] (all forms)	Fioricet [®]	Norgesic [™]	Synalgos-DC
Esgic (all forms)	Fiorinal [®] (all forms)	Norgesic Forte [™]	Wigraine [®] (all forms)

OVER-THE-COUNTER DRUGS CONTAINING CAFFEINE

Anacin [®]	Excedrin [®]	NoDoz [®]
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DRUGS CONTAINING THEOPHYLLINE

Aerolate	T-Phyl	Theo-Dur [®]	Theostat
Constant-T	Tedral SA	Theolair	TheoX [™]
Elixophylline	Theo-24	Theo-Organidin	
Primatene [®] (tablets)	Theoclear [®]	Theo-Sav	