

## Nuclear Medicine Treadmill Stress Test Instructions

This exam consists of two parts: Stress and Rest.

For the **stress portion**, you will be walking on a treadmill per your physician's orders. Be ready for a fairly vigorous test lasting 3 to 12 minutes. A few sticky pads (electrodes) are placed on your chest to monitor your heart rhythm (ECG). Then you will be injected with a radiopharmaceutical. After injections, you will be scanned by a Nuclear Medicine Camera.

For the **rest portion**, you will be injected with a radiopharmaceutical, and subsequently scanned.

Your exam will either be a one-day or two-day procedure, based on your Body Mass Index. For a one-day exam please plan on being in the department for 3 - 4 hours. For a two-day exam, please plan approximately 1 ½ to 2 hours on each day.

You should not have this test if you are pregnant. Please inform the staff if you think you could be pregnant or are a nursing mother.

### PLEASE READ AND FOLLOW THESE INSTRUCTIONS

#### Food and Drink:

Please do not eat or drink items that contain caffeine (such as chocolate, coffee, tea, Coke, Mountain Dew, etc) for 24 hours before your stress test; and do not smoke for at least 3 hours prior to testing. Do not eat for 3 hours prior to your test. Drinking clear water is encouraged.

#### Medications:

Consult your provider regarding whether or not to take your heart medications. If you are Diabetic, prior to the day of your test, please discuss your insulin/oral medication dosing with your doctor. Please bring a list of your medications with you.

#### Clothing:

Please wear comfortable clothing. We recommend loose fitting clothes without metal if possible.

#### Directions to Nuclear Medicine:

The Nuclear Medicine Department is located in the main hospital building at 335 SE 8<sup>th</sup> Ave. Come in the main entrance and check in with admitting 15 minutes prior to your appointment time. They will direct you to the Nuclear Medicine Department.

A board certified radiologist will review your scan and the report will be sent to your physician.

If you have any questions or need to reschedule this test, please call the Nuclear Medicine department directly at **(503) 681-1091**.

The isotopes used for the scans are ordered for you, at your appointment time and cannot be saved or reused. If you need to cancel or reschedule, please call the Nuclear Medicine Department BY 4PM THE DAY BEFORE YOUR APPOINTMENT.