

NUCLEAR MEDICINE TESTING INSTRUCTIONS

	NT NAME:		ED:PHYSICIAN:
Stress	: Tests:	□ Adenosine□ One Day	
Other	Tests:	□ MUGA	□ First Pass □ Other:
TESTI	ING DATES: Please note that	either the rest	or stress portion of the test can be done first. Note the dates and times belo
RESTI	NG PORTION:		
		(Date)	
INSTI	RUCTIONS FOR	RESTING PO	RTION OF STRESS TEST:
1.	Fast (no food o	or drink) for 4	hours before the exam. A small amount of water is allowed to take
2.	Medications an		e not restricted for the resting portion of the exam unless the resting ours before the stress portion of the exam. (Confirm date and time of
	ن باداد م مینماد ن		
3.	and drink 3 to	4 cups of fluic	e tracer which enables us to take pictures, you will have to eat a fatty m ls. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you
	and drink 3 to to eat or you m	4 cups of fluic nay bring a fat rn after the a	, , , , , , , , , , , , , , , , , , , ,
4.	and drink 3 to to eat or you m When you retu about 20 minut	4 cups of fluic nay bring a fat rn after the a es.	ls. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you.
4.	and drink 3 to to eat or you m When you retu	4 cups of fluic nay bring a fat rn after the a es.	ls. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you. llotted break to eat and drink, we will take pictures and that will take
4. STRES	and drink 3 to to eat or you m When you retu about 20 minut	4 cups of fluic nay bring a fat rn after the a res. (Date)	ls. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you. llotted break to eat and drink, we will take pictures and that will take (Time)
4. STRES	and drink 3 to to eat or you m When you retu about 20 minut SS PORTION: _	4 cups of fluic nay bring a fat rn after the a res. (Date)	ls. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you. llotted break to eat and drink, we will take pictures and that will take
4. STRES INSTR	and drink 3 to to eat or you medications. To eat or you medications.	4 cups of fluice and bring a fatorn after the action (Date) THE STRESS or drink) for 4	ls. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you. llotted break to eat and drink, we will take pictures and that will take (Time) FORTION OF THE TEST:
4. STRES INSTR	and drink 3 to to eat or you me When you return about 20 minut about 20 minut about 20 minut about 20 minut about 20 medications. Do not eat or conclude a chocolate, no me	4 cups of fluice and bring a father the anster the anster the anster the anster the anster drink) for 4 drink any caffer feine-free conedications with	Is. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you. Ilotted break to eat and drink, we will take pictures and that will take (Time) S PORTION OF THE TEST: hours before the exam. A small amount of water is allowed to take eine product for 24 hours prior to your appointment time. No coffee or to ffee, tea, or colas (they may have enough caffeine to affect the test), is the caffeine (migraine or sinus). You may drink milk, water, juice, 7-up,
4. STRES INSTF 1. 2.	and drink 3 to to eat or you medications. Do not eat or catchocolate, no medication or catchocolate, or Ging	4 cups of fluice and bring a father the action of the control of t	Is. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you. Ilotted break to eat and drink, we will take pictures and that will take (Time) S PORTION OF THE TEST: hours before the exam. A small amount of water is allowed to take eine product for 24 hours prior to your appointment time. No coffee or to ffee, tea, or colas (they may have enough caffeine to affect the test), is the caffeine (migraine or sinus). You may drink milk, water, juice, 7-up, and wine are also acceptable.
4. STRES INSTF 1. 2.	and drink 3 to to eat or you me When you return about 20 minut about 20 minut about 20 minut about 20 minut about 20 medications. Do not eat or conclude a chocolate, no me	4 cups of fluice and bring a fatter the action of the acti	Is. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you. Ilotted break to eat and drink, we will take pictures and that will take (Time) 5 PORTION OF THE TEST: hours before the exam. A small amount of water is allowed to take eine product for 24 hours prior to your appointment time. No coffee or to ffee, tea, or colas (they may have enough caffeine to affect the test), is the caffeine (migraine or sinus). You may drink milk, water, juice, 7-up, and wine are also acceptable. You may take all your medications as prescribed.
4. STRES INSTF 1. 2.	and drink 3 to to eat or you medications. Do not eat or catchocolate, no medication or catchocolate, or Ging	4 cups of fluice and bring a fatter the action (Date) THE STRESS or drink) for 4 drink any caffer feine-free contendications with er Ale. Beer actions.	Is. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you. Ilotted break to eat and drink, we will take pictures and that will take (Time) FORTION OF THE TEST: hours before the exam. A small amount of water is allowed to take eine product for 24 hours prior to your appointment time. No coffee or the ffee, tea, or colas (they may have enough caffeine to affect the test), in the caffeine (migraine or sinus). You may drink milk, water, juice, 7-up, and wine are also acceptable. You may take all your medications as prescribed. You must hold the following medication(s) prior to stress:
4. STRES INSTF 1. 2.	and drink 3 to to eat or you medications. Do not eat or catchocolate, no medication or catchocolate, or Ging	4 cups of fluice and bring a fatter the action of the content of t	Is. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you. Illotted break to eat and drink, we will take pictures and that will take (Time) S PORTION OF THE TEST: hours before the exam. A small amount of water is allowed to take eine product for 24 hours prior to your appointment time. No coffee or to affee, tea, or colas (they may have enough caffeine to affect the test), in the caffeine (migraine or sinus). You may drink milk, water, juice, 7-up, and wine are also acceptable. You may take all your medications as prescribed. You must hold the following medication(s) prior to stress:
4. STRES INSTF 1. 2.	and drink 3 to to eat or you medications. Do not eat or catchocolate, no medication or catchocolate, or Ging	4 cups of fluice and bring a fatter the action (Date) THE STRESS or drink) for 4 drink any caffer feine-free contendications with er Ale. Beer actions.	Is. You will be given approximately one hour to eat and drink. You may go ty meal and drinks with you. Illotted break to eat and drink, we will take pictures and that will take (Time) S PORTION OF THE TEST: hours before the exam. A small amount of water is allowed to take eine product for 24 hours prior to your appointment time. No coffee or to ffee, tea, or colas (they may have enough caffeine to affect the test), is the caffeine (migraine or sinus). You may drink milk, water, juice, 7-up, and wine are also acceptable. You may take all your medications as prescribed. You must hold the following medication(s) prior to stress:

- day(s) of your test.**
- 4. After your stress test, you will have to eat a fatty meal and drink 3 to 4 cups of fluids. You will be given approximately one hour to eat and drink. You may go out to eat or you may bring a fatty meal and drinks with you. If you are doing a treadmill type of stress, we generally do not require the one-hour break to eat and drink and are able to take your pictures within a short time of completion of the stress.
- 5. When you return after the allotted break to eat and drink, we will take pictures and that will take about 20 minutes.

INSTRUCTIONS FOR CLOTHING:

- 1. NO METAL is to be worn between the neckline and the waistline. This restriction includes, but is not limited to: NO metal buttons, NO necklaces/chains, NO underwire bras, NO pins, or similar jewelry.
- You will have EKG leads connected to your chest for the stress portion of the test, and we will need access to your arms. Please wear a button-down shirt or blouse, or a tee shirt, preferably one that is short sleeved. NO dresses please.
- 3. If you are doing a treadmill stress test, please wear a comfortable pair of shoes suitable to exercise in.
- 4. The state-of-the-art equipment requires that the room temperature be maintained at a constant 70 degrees, so please bring a jacket or a sweater. Blankets will also be available.

GENERAL INFORMATION:

- 1. The "resting" portion of the test will take approximately 2 hours. This includes the time for an injection, a meal, and the pictures we take after eating.
- 2. The "stress" portion of the treadmill stress takes approximately $1\frac{1}{2}$ hours. This includes the time for the actual stress, a waiting period during which you will drink liquids, and the time for pictures after having the fluids.
- 3. The "stress" portion of the Adenosine or Dobutamine test takes approximately $2\frac{1}{2}$ hours. This includes time for the actual stress, a break for a meal, and the pictures we take after eating.
- 4. The MUGA exam takes approximately 45 minutes. This includes time to start an IV through which you will receive two injections, have a brief wait, and then take pictures.
- 5. A nuclear medicine dose is ordered specifically for you the day before the test. The dose is specifically for your test, has a limited life, and is costly. If it becomes necessary for you to cancel or change your scheduled appointment, please do so 24 hours prior to your appointment time.

Daytona Heart Group is pleased to provide our patients with cardiac nuclear medicine testing utilizing state-of-the-art equipment and technology. Your test will be performed and monitored by professional, high-skilled, and experienced members of the Daytona Heart Group staff.

The Nuclear Medicine Staff will gladly answer all questions that you may have before, during, and after your test. We look forward to providing you with a positive experience at the time of your test with your health and well-being as our priority.

So, RELAX, and leave the stress to us!!!