

**INSTRUCTIONS FOR A NUCLEAR TREADMILL STRESS TEST**

**Please read both sides**

Your Nuclear Treadmill Stress Test is performed in two parts: \_\_\_\_\_  
(NAME)

**Treadmill Stress Test:** On one day you will perform an Exercise Stress Test and have a nuclear heart scan.

**Rest Test:** On another day you will have a Resting Test, which consists of only a nuclear heart scan.

---

You are scheduled for the Exercise Treadmill Stress Test on:

\_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.  
(Date) (Time) (Location)

**\*DO NOT EAT OR DRINK ANYTHING EXCEPT FOR WATER AFTER \_\_\_\_\_.**

---

**\*DO NOT HAVE CAFFEINE FOR 24 HOURS BEFORE YOUR TEST. YOU MAY NOT HAVE COFFEE OR DECAF COFFEE, TEA OR DECAF TEA, HERBAL TEA, SODA, HOT CHOCOLATE OR CHOCOLATE.**

**\*IT IS NECESSARY TO BRING FOOD AND A BEVERAGE. We will tell you when to eat.**

Your length of stay for your Treadmill Test is approximately 1 – 1 ½ hours. If you also have additional testing your length of stay will be longer.

---

You are scheduled for the Resting Test on:

\_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.  
(Date) (Time) (Location)

**\*DO NOT EAT OR DRINK ANYTHING EXCEPT FOR WATER AFTER \_\_\_\_\_.**

**\*DO NOT HAVE CAFFEINE AFTER MIDNIGHT BEFORE YOUR TEST. YOU MAY NOT HAVE COFFEE OR DECAF COFFEE, TEA OR DECAF TEA, HERBAL TEA, SODA, HOT CHOCOLATE OR CHOCOLATE.**

**\*IT IS NECESSARY TO BRING FOOD AND A BEVERAGE. We will tell you when to eat.**

Your length of stay for your Resting Test is approximately 2- 2 ½ hours. If you also have additional testing your length of stay will be longer.

---

Additional testing: \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

Additional testing: \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.

Appointment with \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_ in \_\_\_\_\_.  
(Date) (Time) (Location)

**INSTRUCTIONS FOR A NUCLEAR TREADMILL STRESS TEST  
(Continued...)**

**CANCELLATION POLICY:**

**Please contact us 24 hours prior if you are unable to make your appointment. If you do not show for your scheduled appointment you will be responsible for a \$20.00 service charge. We will attempt to reach you by phone to reschedule your appointment. If we are not successful reaching you, the first and second part of your test will be cancelled and you will be notified by mail of your missed appointment. Call the office you are scheduled in to cancel or reschedule.**

**MEDICATIONS:** Take all medications with a minimal amount of water, unless otherwise instructed.

Diabetic Medications: Please consult with the physician who takes care of your diabetes if you have any questions.

<b>LOCATION OF NUCLEAR STRESS TEST:  (CIRCLE ONE)</b>	The Heart Center 1 Columbia Street Westage Medical Building 2 <sup>nd</sup> Floor Poughkeepsie, NY 12601 (845) 473-1188	The Heart Center 200 Westage Business Center Fishkill, NY 12524 (845) 897-9760	The Heart Center 939 Little Britain Rd New Windsor, NY 12553 (845) 567-1800
---	--	---	--

**WHAT TO WEAR:** Wear loose, comfortable clothing. Please try to avoid one-piece dresses and shirts with metal zippers (plastic zippers are OK) or metal buttons.

Wear sneakers or rubber soled shoes. **DO NOT wear heels, sandals or flip flops.**

Do not wear body lotion or oil on your chest.

**BRING A SWEATSHIRT, SWEATER OR JACKET. THE IMAGING ROOMS TEND TO BE COOL.**

**WHAT TO BRING:** **\*Bring something substantial to eat, such as a sandwich, bagel or roll and something to drink. We will ask you to eat and drink as part of the test.**

\*Bring something to read or do. There is approximately 1 ½ -2 hours of waiting time during your test. **It is possible the waiting period may be longer and imaging repeated due to the circulation of the imaging tracer.**

\*If you are a new patient, bring your insurance card and any records.

