



Iowa City Heart Center, P.C.

CARDIAC ADENOSINE NUCLEAR STRESS TEST INSTRUCTIONS

Adenosine nuclear stress testing helps determine the blood flow to your heart muscle and the presence of any significant coronary artery disease or damaged heart muscle.

Your test is scheduled for:

_____ on _____
(time) (date)

Your test will last approximately 3 hours. Please arrive 15 minutes early.

The morning of the test:

- ◆ Wear comfortable clothing, and don't wear lotion, powder or perfume on your chest.
- ◆ No food or drink 4 hours before your exam with the exception of water. You may have as much water as you would like.
- ◆ No caffeine 24 hours before your exam. This includes:
 1. **Prescription drugs:** Cafegot (all forms), Esgic (all forms, Fioricet, Fiorinal, Norgesic, Norgesic Forte, Synalgos-DC, Wigraine (all forms)
 2. **Over the counter Drugs:** Anacin, Excedrin, No Doz, Vivarin
 3. **Coffee (including Decaf) and TEA (brewed, instant, iced, decaf, and green)**
 4. **Chocolate** (candies, cakes, pudding, chocolate milk, hot cocoa, etc)
 5. **Soda pop or soft drinks**
 6. **Diet supplement bars**
- ◆ If you are a diabetic on insulin or oral hypoglycemic medications, please ask for special instructions.
- ◆ Take all usual medications unless instructed otherwise.
- ◆ Please stop the use of Aggrenox or any Theophylline drugs 48 hours prior to the exam.

Procedure:

- ◆ You will have an IV started in your hand.
- ◆ A small amount of radionuclide will be injected. You will then wait 45-60 minutes.
- ◆ A set of images will then be obtained of your heart at rest.
- ◆ Adenosine will then be administered through your IV for 6 minutes. This will be the stress part of the test.
- ◆ You will then receive another small amount of radionuclide.
- ◆ After 45-60 minutes, a second set of images will be obtained of your heart, post stress.
- ◆ **You will be with us for about 3 hours.**

Post testing:

No additional precautions are necessary following your test. There will be no restrictions following the test.

If you are unable to keep your appointment, please call us at 319.339.3883, by 5 p.m. the day before your exam, if possible, due to the ordering of the radionuclide. Thank you!

Iowa City Heart Center, P.C.
Mercy Medical Plaza • Suite 400 • 540 East Jefferson • Iowa City, Iowa 52245-2474
Office 319-339-3883 • 1-800-472-8828 • Fax 319-339-3882