

Test Instructions for Nuclear Stress Testing

Please carefully read and follow all following instructions.

If you have questions call Apex at 705-874-6660 ex 2. *We require 24hrs notice for all cancellations.*

The radioactive tracer has been prepared ahead of your test and cannot be used at a later date. These tracers are costly and brought to the clinic on appointment days. ***Failure to comply with instructions for your test that make us unable to complete the appointment will result in an invoice of \$50.00.*** Individuals who are **pregnant, breastfeeding, or have a Barium/Contrast Dye Study** scheduled within **5 days** prior to testing are required to contact Apex immediately. Additionally, individuals who **cannot lift their arms above their shoulders** must contact Apex immediately.

Location: 1757 Sherbrooke St. Peterborough, ON

Test: Nuclear Stress Test Exercise (Treadmill or with Persantine or Dobutamine)

Testing is done on ***two separate days***. A ***"Stress Day"*** and a ***"Rest Day"***, each is approximately 2hrs long.

Nuclear Stress Test Exercise Instructions

On your first day of nuclear testing (stress or rest day) ***bring a complete list of your current medications.***

Stress Day:

- **NO** coffee, tea, pop, chocolate, or de-cafeinated drinks **24 hours** before the test (*water and juice are safe to drink*)
- **NO** food 2 hours before the test, please drink water to be well hydrated (*if diabetic, please wake up early to eat breakfast before the test*)
- Take medications as normal, unless instructed otherwise (*see further for instructions*)
- If applicable, **DO NOT** take Viagra, Levitra, or Cialis for 72 hours before the test
- **DO NOT** use Opioid Patches (*Butran, Fentanyl*), Nitroglycerin Sprays, or wear Nitroglycerin Patches on the day of the test
- **DO NOT** use any lotions or oils on the skin of your chest 24 hours before the test
- **PLEASE BRING** any puffers used for breathing
- **PLEASE BRING** a snack and water to drink, **this is mandatory** (*the snack **MUST** contain cheese or something fatty i.e. peanut butter or full fat yogurt*)
- **PLEASE WEAR** shoes appropriate for walking on the treadmill and a short sleeve with no buttons or zippers, if applicable, wear a bra with **NO** underwire or a sports bra (*heels are **NOT** acceptable*)
- **DO NOT** consume medications that may contain caffeine, including prescription Tylenol 1, 2,3 or **ANY** migraine medications that may contain caffeine 24 hours ahead of the test

The test will NOT be completed if caffeine is consumed within 24 hours ahead of the test

Unless otherwise instructed, please follow the instructions below regarding medications:

- Tests done by exercise: **Treadmill** or **Dobutamine**
 - If you take any of the following medications DO NOT take it 48 hours ahead of the test:
Atenolol, Carvedilol, Bisoprolol, Metoprolol, Cardizem/Diltiazem, Other:
- Tests done with **Persantine**
 - If you take any of the following medications DO NOT take it 24 hours ahead of the test:
Aggrenox, Isosorbide Di-nitrate (ISDN), Theophylline, Pentoxifylline (Trental), Persantine (Dipyridamole), Tylenol (1,2,3), Lenoltec, Codeine, Nitroglycerin Patch

If you hold a medication, bring that medication with you as you may be directed to take it after the test.

Rest Day:

- **NO** food for 2 hours before the test, please drink water to be well hydrated (if diabetic please wake up early to eat breakfast before the test)
- Take medications as normal, unless otherwise instructed,
- **DO NOT USE** lotions or oils on the skin of your chest 24 hours before the test
- **PLEASE BRING** a snack and water to drink, **this is mandatory** (*the snack **MUST** contain cheese or something fatty i.e. peanut butter or full fat yogurt*)
- **PLEASE WEAR** a short sleeve with no buttons or zippers, if applicable, wear a bra with **NO** underwire or a sports bra