

Felizen S. Agno, M.D., F.A.C.C.
 DIPLOMATE ABIM INTERNAL MEDICINE
 CARDIOVASCULAR DISEASE
 DIPLOMATE NATIONAL BOARD OF ECHOCARDIOGRAPHY
 DIPLOMATE CCCVI NUCLEAR CARDIOLOGY & CARDIOVASCULAR CT

Rama M. Godishala, M.D., F.A.C.C.
 DIPLOMATE ABIM, INTERNAL MEDICINE
 CARDIOVASCULAR DISEASES
 DIPLOMATE NATIONAL BOARD OF ECHOCARDIOGRAPHY
 DIPLOMATE NATIONAL BOARD OF NUCLEAR CARDIOLOGY

Marc L. Baker, M.D., PhD, FACC
 DIPLOMATE ABIM, INTERNAL MEDICINE
 CARDIOVASCULAR DISEASES
 HEART FAILURE

PATIENT INSTRUCTIONS FOR NUCLEAR TESTING

Name: _____ Date _____

Arrival Time _____ Office Doors opens at 7:30 AM.

THIS TEST WILL BE DONE AT OUR OFFICE (281 GRANT AVENUE), PLEASE PROVIDE A 24 HOUR NOTICE IF YOU NEED TO RESCHEDULE OR CANCEL YOUR APPOINTMENT.

Please carefully read over the following information prior to your test. A Nuclear Stress test is a two part test that takes approximately 3-4 hours to complete. Patient **cannot** be accompanied by family/friend during the test.

Most insurance companies require prior authorization for the test, make sure that you have given us your current insurance information. You may call your insurance company if any copays or deductibles will be applied to the testing. **Provide your insurance company with the following codes: 78452; 93015; A9500 and/or J2785.**

Wear loose, comfortable pants and shirt (no dress or one piece outfit). Ladies please wear a two piece outfit with no pantyhose. Wear walking shoes, tennis shoes or sneakers. **Do not** use any lotions, baby oil or powders on your upper torso the morning of the test. You must be able to lift your arm over your head while lying down for approximately 20 minutes. Please inform the doctor or technologist if you are pregnant or extremely claustrophobic.

Bring a list of current medications that you are taking with you, including herbs and vitamins.

PLEASE **DO NOT** TAKE DIGOXIN _____ DAYS BEFORE OR THE DAY OF YOUR TEST. Some medications will interfere with the test. **DO NOT TAKE MEDICATION(S) HIGHLIGHTED THE MORNING OF THE TEST.** Atenolol, Betapace, Bystolic, Cavedilol, Coreg, Corgard, Corzide, Dutoprol, Inderal, Labetalol, Levatol, Lopressor, Metoprolol, Nadolol, Propranolol, Sectral, Sotalol, Tenoretic, Tenormin, Timolol, Toprol, Trandate, Zebeta, Ziac and Diabetic medications.

PLEASE TAKE ALL OTHER BLOOD PRESSURE MEDICATIONS AS DIRECTED. If you take Viagra, please hold this medication 24 hours prior to test.

DO NOT USE YOUR INHALERS 36 HOURS PRIOR TO TESTING. Bring your inhalers & morning medications with you to the test.

DO NOT EAT 4 HOURS PRIOR TO THE TEST. If you are diabetic, please inform the scheduling staff so they provide you with special instructions.

DO NOT SMOKE 24 HOURS PRIOR TO THE TEST (INCLUDES VAPING).

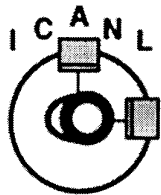
DO NOT CONSUME CAFFEINE 20 HOURS PRIOR TO THE TEST. Avoid all coffee regular or decaffeinated, avoid all teas including instant & iced tea, avoid all soft drinks, chocolate and over-the-counter products such as Anacin, Excedrin & No Doz.

DO NOT CONSUME RED MEAT OR DAIRY PRODUCTS AFTER 10:00 PM THE EVENING PRIOR TO THE TEST.

IF YOU CONSUME ANY OF THE ABOVE, YOUR TEST WILL BE CANCELLED.

A \$50 CANCELLATION FEE MAY BE ASSESSED (THIS FEE IS NOT BILLABLE TO YOUR INSURANCE).

PLEASE RETURN ATTACHED QUESTIONNAIRE ON DATE OF TEST!!!!!!!!!!!!!!



Nuclear Cardiology
*Accredited Nuclear
Cardiology Laboratory*

Understanding your

NUCLEAR STRESS TEST

Information that will help you stay healthy

Preparing for your test:

- Do not eat or drink anything other than plain water for 4 hours before your test.
- Do not take over-the-counter medications that contain caffeine before your test. Some medications (diet pills, Anacin, Excedrin, Vanquish) contain caffeine.
- If are pregnant or nursing, tell the staff before your test.

For people with diabetes:

- If you take insulin, ask your doctor what amount you should take the day of your test. If you take diabetes pills, do not take your medication until after your test.

Nuclear stress tests usually take about 3-4 hours.

After your test:

- Ask your doctor when you can return to your normal activities.

It is important to note that the radioactive substance used in the test is safe and will not harm your body. The substance will leave your body within a few hours.

WHAT IS A NUCLEAR STRESS TEST?

A nuclear stress test shows how well blood flows through your heart and arteries while you are resting and during physical exertion. In this test, a small amount of a radioactive substance is injected into your body. This substance allows images of the heart to be recorded so your doctor can see:

How well the heart is pumping blood

If a part of the heart has been damaged

If any of the arteries that feed the heart are blocked

WHAT HAPPENS DURING THE TEST?

Two sets of images will be taken – one while you are resting and one after you have exercised.

IMAGES WILL BE TAKEN WHILE YOU ARE RESTING:

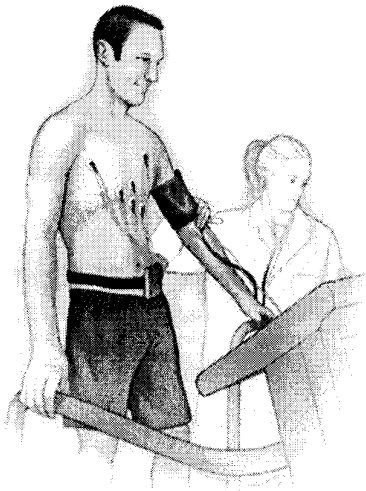
- An IV will be placed into a vein in your arm and hand. A radioactive substance will then be given through the IV. You will need to lie still with your arms above your head for a few minutes to allow the substance to circulate through your body.
- You may be taken to another area of the lab where a special camera reads traces of the radioactive substance and sends images to a monitor. By looking at the monitor your doctor can see how blood flows through your heart and arteries.

Your test results:

The heart normally pumps more blood during times of physical exertion. If the test shows that blood flow is normal while you are resting, but not normal while you are exercising, your heart may not be getting enough blood during physical exertion.

If blood flow is not normal during rest and exercise, this may mean that a section of the heart muscle has been permanently damaged or that one or more of the arteries that supply part of your heart with blood may be blocked.

Test results will be discussed with you after your doctor has had a chance to review all of the information.



© 2011 J. J. HARRISON FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

YOUR EXERCISE TEST:

- Before the exercise part of the test, small disks called electrodes will be placed on your chest. The electrodes are connected to an electrocardiogram machine. An electrocardiogram charts your heart's electrical activity.
- You will then walk on a treadmill or ride a stationary bike for a few minutes. Your rate of exercise will slowly increase.
- You will be asked how you are feeling. Be sure to report any symptoms you may have, such as pain or discomfort in your chest, arm or jaw, shortness of breath or dizziness.

If you are unable to exercise, you will be given medications that cause the heart and blood vessels to react as they would during exercise. The medications may cause sensations such as tightness in the throat and chest along with a hot, flushed feeling.

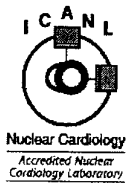
IMAGES WILL BE TAKEN AFTER YOU HAVE EXERCISED:

- After several minutes, you will be given another injection of the radioactive substance.
- You will be asked again to lie down for another scan of your heart, images taken at this time show how blood moves through the arteries to all areas of the heart during physical exertion.
- Your doctor will compare the images that were taken before and after exercise.

The test results will be discussed with you after your doctor has had a chance to review all of the information.

YOUR DOCTOR'S RECOMMENDATION

Feeling uncertain about your health can be stressful for you and your family. Because you have had this test, you know that any advice about treatment is based on facts discovered during your test. You may be advised to have more tests or you may need medication or a surgical or nonsurgical treatment. Whatever your doctor's recommendation, you can rest assured that it is based on the best possible information.



Felizen S. Agno, M.D., F.A.C.C.
DIPLOMATE ABIM INTERNAL MEDICINE
CARDIOVASCULAR DISEASE
DIPLOMATE NATIONAL BOARD OF ECHOCARDIOGRAPHY
DIPLOMATE OCCVI NUCLEAR CARDIOLGY & CARDIOVASCULAR CT

Rama M. Godishala, M.D., F.A.C.C.
DIPLOMATE ABIM, INTERNAL MEDICINE
CARDIOVASCULAR DISEASES
DIPLOMATE NATIONAL BOARD OF ECHOCARDIOGRAPHY
DIPLOMATE NATIONAL BOARD OF NUCLEAR CARDIOLGY

Marc L. Baker, M.D., PhD, FACC
DIPLOMATE ABIM, INTERNAL MEDICINE
CARDIOVASCULAR DISEASES
HEART FAILURE

QUESTIONNAIRE

NAME: _____

1. Have you ever had a treadmill stress test?
 No Yes

2. Have you ever been hospitalized for a myocardial infarction (heart attack)?
 No
 Yes Date (s):

3. Have you ever had heart surgery?
 No
 Yes What type of surgery was it?
 - Coronary artery bypass graft (CABG)
Date (s):
 - Cardiac valve surgery
Date (s):
 - Cardiac cath/angioplasty/stent
Date (s):
 - Other
Date (s):

4. Have you been having chest pains?
 No
 Yes
Severity of pain: Slight Moderate Severe

Frequency of pain: Frequently more than once a day
 more than once a week more than once a month

Duration of pain: Longer than 5 minutes Less than 5 minutes

Pain is relieve by: Nitroglycerin Rest

The pain occurs: On exertion Rest Unrelated to activity

5. If you work, how would you describe your activity while at work?
 Light Moderate Heavy

6. How would you describe your exercise pattern?
 Light (walking, golf) Moderate (jogging, bicycling)
 Heavy (running, competitive sports) No exercise pattern

GRANT AVENUE MEDICAL CENTER
281 Grant Avenue, Auburn, New York 13021 Phone: 315.253.4459 • Fax: 315.253.4609
www.auburncardiology.com
auburncardiology@yahoo.com

7. How often do you exercise?
 Less than twice a week More than twice a week
8. Do you smoke cigarettes?
 No If you did smoke at one time, how long ago did you quit?
 Yes How long have you smoked?
 How much do you smoke a day?
9. Do you drink alcoholic beverages?
 No
 Yes
 Rarely (holidays, special occasions) Occasionally Weekly Daily
10. Have you ever been treated for high blood pressure?
 No Yes
11. Have you ever been treated for diabetes?
 No Yes
12. Did either of your parents have a heart attack?
 No Yes
13. Does your present occupation subject you to emotional stress?
 No Yes
14. Have you ever had an elevated cholesterol level?
 No Yes
15. Are you taking any of the following drugs?
 Nitroglycerin Digitalis Diuretics (water pills) Propranolol (inaleral)

*****Females Only*****

16. Are you still menstruating?
 No What age did you reach menopause?
 Yes
17. Are you taking estrogen medications?
 No Yes

Current Medications: