

DAVID C. MISHKEL, M.D
HEART AND VASCULAR CENTER

1599 NW 9TH AVENUE • SUITE 203 • BOCA RATON • FLORIDA • 33486
OFFICE: 561-338-8884 • FAX: 561-338-5230

NUCLEAR STRESS TEST

YOUR APPOINTMENT IS SCHEDULED FOR

_____ AT _____ AM/PM.

You are scheduled for a single-isotope Nuclear Stress test.

This will either be an **Exercise** or **Chemical** Stress Test.
(circle one)

TEST DURATION IS APPROXIMATELY **2 ½ - 3 HOURS.**

Please plan your day *accordingly*. Bring reading material. ☺

Preparation for the test:

- ♥ Please bring a bottle of water.
- ♥ Please wear sneakers and a loose fitting shirt (preferably a button down, for electrode placement)
- ✗ **NO EATING** for at least **2 hours** prior to your test time.
- ✗ **NO CAFFEINE** for at least **24 hours** prior to your test time.

Test Procedure:

1. The technologist or nurse will start an I.V. in your arm. You will then be injected with a radioisotope (Cardiolite).
2. After the injection, you will wait approximately 20-30 minutes, followed by having pictures taken of your heart.
3. After your pictures are done, you will be prepped for your stress test.
4. During the stress test, you will receive another injection of a radioisotope.
5. A second set of pictures will be taken of your heart 30-40 minutes after the stress portion of your test.