

Buffalo
**CARDIOLOGY &
 PULMONARY**
 ASSOCIATES, P.C.

Heart and Lung Center

EXERCISE NUCLEAR STRESS TEST

You have been scheduled for a exercise nuclear stress test. This study utilizes a radionuclide tracer and can provide additional and more accurate information than a traditional treadmill exercise stress test. Generally this study may be completed in one day, though patients above a certain height and weight may be scheduled utilizing a two day protocol, to optimize image quality.

DATE: ____/____/____ at _____ AM / PM.

CARDIOLOGY

Anthony J. Bonner, M.D.

JoAnne L. Cobler, M.D.

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INTERVENTIONAL CARDIOLOGY

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HEART RHYTHM SERVICES

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NUCLEAR CARDIOLOGY

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PULMONARY

James G. Lampasso, M.D.

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Andras J. Vari, M.D.

PULMONARY SLEEP MEDICINE

Jeffery R. Neu, M.D.

Celestino Pietrantonio, D.O.

ADMINISTRATION

Gina Gray
 Administrator

Joseph R. Hoestermann
 CFO

TEST DESCRIPTION: Following a brief history and physical examination, a Nurse will place an IV line in your arm. A certified Nuclear Medicine Technologist will administer a dose of Cardiolite, a short-lived radionuclide tracer which is taken up by your heart muscle. You will lie under a nuclear camera for approximately 15-20 minutes, to obtain pictures of your heart at rest. You will then perform treadmill exercise, beginning at low level and gradually increasing both speed and incline at 3 minute intervals, until a target heart rate is achieved or until you fatigue. A second dose of Cardiolite will be administered during exercise and more images will then be acquired under the nuclear camera. The Technologist will inspect the quality of the images and then discharge you. You should plan on being here for approximately 2.5 hours (though on occasion, images may need to be repeated at the discretion of the Technologist, in order to provide the best information for the Cardiologist interpreting the study). A Nuclear Cardiologist will review and interpret the study, and the ordering physician or provider will receive preliminary results usually within 24 hours. You will receive the results at your follow-up appointment, or sooner if there is a significant abnormality discovered.

Please inform the Nurse or Technologist if you are pregnant, may be pregnant or are breast-feeding, as this test would *not* be appropriate under those circumstances. Also, please inform the Nurse or Technologist if you are planning to fly or cross the border into Canada within 48 hours after the study, as trace amounts of radionuclide tracer may still be detectable. We will provide you with appropriate documentation.

PREPARATION:

- CLOTHING:** Please wear or bring the following (you may change here):
 - Sneakers or comfortable shoes; comfortable, loose fitting slacks or shorts
 - For women, socks or knee highs – no pantyhose; also no under-wire or front closure bras with metal hooks.
- MEDICATIONS:** Certain medications should ideally be withheld for at least 24 hours prior to the study:
 - Beta blockers (Toprol, Metoprolol, Atenolol)
 - Calcium channel blockers (Cardizem, Diltiazem, Verapamil)
 - Nitrates (nitroglycerin, Nitro Patch, Isosorbide, Imdur)
 - Circulation medications (Trental, Pletal, Dipyridamole, Aggrenox) – **hold for 72 hours prior**
 - Certain Pulmonary medications including Aminophylline, Theo-Dur, Slo-Bid – **hold for 72 hours prior**
 - If you have questions, please contact the Stress Lab at 565-6466.
- DIETARY INSTRUCTIONS:** *We do insist that you avoid any CAFFEINATED products including coffee, tea, soda or chocolate for 24 hours prior to the test.* Caffeinated (and even decaffeinated) products interfere with the study medication. If consumed, the study will likely have to be cancelled and rescheduled. You may eat a light meal within 1-3 hours of the test. Take your usual medications, apart from those listed above.

Please bring your insurance card(s) and referral, if required by your carrier. Also, please bring a script from your primary care physician/provider who ordered the test. (This is *not* necessary if a Buffalo Cardiology or Pulmonary provider has requested it).

CANCELLATION: 24 hours notice is required if you are unable to keep this appointment.

All testing is done at our office on 6460 Main Street in Williamsville. If you have any questions, please contact us at 565-6466 or 634-5100.

Revised 2/07

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