



# Capital Cardiology Associates

CARING FROM THE HEART | A BENCHMARK CARDIOLOGY PRACTICE<sup>SM</sup>

**Diagnostic Imaging Suite  
Corporate Woods, 7 Southwoods Blvd, 1<sup>st</sup> Floor  
Albany NY 12211  
518-292-6030  
www.capitalcardiology.com**

**Your Cardiac Nuclear Stress Test is scheduled for:**

**DATE:**

**TIME:**

### **Nuclear Stress Test Preparation:**

- Check In at the Diagnostic Imaging Center, 1<sup>st</sup> Floor, (in the corridor adjacent to the Southwoods Pediatric Dentist's office).
- Plan to be in the department for a minimum of 3-4 hours.
- Wear comfortable clothing and sneakers.
- **You will need to fast—no food for 4 hours prior to your appointment time.**
- **No chocolate 12 hours prior to your appointment**
- **No caffeine or decaffeinated products 12 hours prior to your appointment, including coffee, tea, chocolate, and soda.**
- You may continue to drink water.
- **Please hold these medications listed for 24 hours prior:**

**After Your Stress Test:** Resume normal activity.

**For Additional Questions:** Please call the Nuclear Department directly at 518-292-6030.

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**Cancellation Policy:** Please contact us at least 24 hours notice if you need to cancel or reschedule your testing to avoid a \$30 "No show" patient charge. *A nuclear stress test is a diagnostic exam that evaluates the blood flow to your heart using a small amount of a radioactive tracer to obtain images of your heart. It can help better determine your risk of a cardiac event if you have or your doctor suspects you may have coronary artery disease.*

### **WHAT TO EXPECT FROM YOUR NUCLEAR STRESS TEST:**

- The exam will take 2-4 hours to complete.
- Our team will ask you questions about your medical history. A Nuclear Stress Test is safe for most people. If you're pregnant or think you might be pregnant, or if you're a nursing mother, tell your doctor before you have this test.
- A Nuclear Medicine Technologist will bring you into a preparation area and ask you about your medical history and insert a small IV into a vein in your arm/hand, and place electrodes on your chest.
- A radioactive tracer, Cardiolite will be given through your IV. There are no side effects to the Cardiolite. It is not a dye, contrast, or medication. It allows us to take images of the blood flow to your heart muscle. It is a diagnostic amount, and there are no restrictions from this injection.
- We can evaluate the blood flow to your heart at rest and/or at stress, when there is a demand on your heart.
- To evaluate the blood flow during Stress you will either walk on a treadmill or receive a medication, Lexiscan, through your IV line that simulates exercise, as it opens the blood vessels to simulate what occurs when you exercise. You will receive the injection of Cardiolite through your IV line at your "peak exercise" moment.
- Your heart rate, blood pressure and EKG will be monitored during your "stress" test.
- You will then return to waiting room and have a snack and beverage while the radioactive tracer circulates.
- Once called to the camera room, you will lay on the scanning table. The camera will image the radioactive tracer that shows the blood flow to your heart. The imaging takes less than 10 minutes.
- More than one set of images is often needed, and the Nuclear Medicine Technologist will explain the imaging to you.
- To read more about your test and Capital Cardiology Associates, please visit our website at [www.capitalcardiology.com](http://www.capitalcardiology.com).



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