



NUCLEAR CARDIOLOGY & STRESS LAB TEST INSTRUCTIONS

Your test has been scheduled on _____ at _____ AM / PM
Mon. Tues. Wed. Thurs. Fri. Sat.

GENERAL INFORMATION:

- Location: Please report to the Heart Center Reception area, University Hospital 2nd floor East. The parking garage nearest the Emergency Room has a 2nd floor walkway that connects directly to the hospital near the Heart Center Reception.
- Bring your current medications.
- Wear comfortable walking shoes and clothing.

EXERCISE STRESS TESTING WITH OR WITHOUT HEART IMAGING:

- If you are currently taking medications, please consult your physician on which to take on the day of your test.
- If you are diabetic, consult your physician regarding insulin dose.
- You may have a **very light** breakfast two hours before your scheduled test, but no coffee. Example: Cereal or toast with juice, milk or water.
- **No caffeinated** beverages (this includes most sodas) and no decaffeinated coffee or tea after midnight the night before your test.
- This test will take approximately 2 to 4 hours. You may bring a snack from home.
- An IV may be placed in your arm for the medication injection and/or radioactive tracer.
- You may resume your normal diet and activities after the test unless your doctor tells you otherwise.

REST MUGA (GATED BLOOD POOL STUDY):

- You may take your regular medications prior to this test.
- You may have your normal diet prior to this test.
- This test will take approximately 1-1/2 hours.
- You may resume your normal diet and activities after the test unless your doctor tells you otherwise.
- An IV will be placed in your arm for the radioactive tracer.

•
Nuclear Cardiology & Stress Lab
Phone (434) 243-1000 • Fax (434) 244-7551