

**21097 N.E. 27<sup>th</sup> Ct. Suite 580, Aventura, FL, 33180**

## **Instructions for Pharmacologic Radionuclide Stress Test**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

When you arrive for your appointment, you will be given an injection of a low dose radioactive isotope (typically [thallium or Myoview](#)) material used to look at blood flow to your heart muscle. The amount of radiation you will be exposed to is comparable to that from an X ray CAT (CT) scan. Twenty (20) to thirty (30) minutes after the injection, you will have resting pictures of your heart taken with a special camera.

Immediately following this, you will have a stress test. Radioactive isotope will again be administered (through an I.V. line) during exercise, and pictures of your heart will once again be taken. Upon completion of these pictures, your test will be finished. The entire procedure will take approximately two (2) hours. Please refer to the [Informed Consent For Exercise Stress Testing](#).

On the day of the test:

- Please refrain from caffeinated drinks for twelve (12) hours prior to your appt.
- You should eat a light meal two hours prior to your appointment time.
- Take all of your usual medications, unless your physician instructed otherwise. i.e. **no "Beta Blockers"**.
- Wear sneakers or rubber soled shoes and comfortable, loose fitting clothing.

If you have not previously been a patient in our office, please anticipate arriving here fifteen (15) minutes prior to your appointment to complete the [Patient Registration Form](#).