

How to Prepare for Your Radionuclide Imaging Test

For heart tests that use an exercise treadmill, IV adenosine, or IV regadenoson

Before Your Test

- A staff person from the Nuclear Lab will call you. Please tell them if you take any of these medicines: theophylline, dipyridamole, Persantine, Aggrenox, Tegretol, carbamazepine, pentoxifylline, Trental, Viagra, Levitra, Cialis, Stendra, or Spedra. We may ask you to stop taking your medicine 12 to 48 hours before your test.
- If you need to cancel, call us at 206.363.1004 **at least 48 hours before your test**. The drugs we order in advance for your scan are costly and will expire a few hours after your test is set to start.

The Day Before

- Starting **24 hours before** your test, do **not** eat or drink anything that contains caffeine. This includes coffee and tea (both regular or decaf), chocolate, most sodas, all energy drinks, and some pain medicines. Please read labels or ask us if you are not sure.
- Stop taking any medicines as instructed by our staff or your healthcare provider.

On Test Day

- Starting 4 hours before your test, do **not** eat or drink anything except water. We advise that you drink plenty of water during this time, as this will help us place your *intravenous* (IV) tube (*catheter*) for your test.
- Do **not** apply any powders or lotions on your chest.
- Do **not** apply any scents (perfume or cologne).



We advise drinking plenty of water before your test.

- Wear clothes and shoes you feel comfortable wearing during exercise. It is helpful to wear a 2-piece outfit such as a shirt and pants. We will be placing EKG electrodes on your chest to monitor your heart.

Medicines

Some medicines can affect your test results. You may need to hold them for 12 to 36 hours before your test.

- Talk with your provider if you take any of these beta blocker medicines: metoprolol, Toprol, atenolol, Tenormin, propranolol, Inderal, Bystolic, carvedilol, Coreg, labetalol, nadolol, bisoprolol, or Ziac.
- If you do not know whether to hold your beta blocker, please ask for guidance when we call you before your test. Or, you can call us at 206.363.1004.
- Do **not** stop taking any of your other medicines unless we or your provider have told you to.

If You Have Diabetes

- If you have diabetes and your test is:
 - **Before 11:30 a.m.:** Hold your oral diabetes medicines. If approved by your diabetes care provider, take half of your usual insulin dose.
 - **After 11:30 a.m.:** You may eat 4 hours before your test. Take your diabetes medicines as usual.

What to Expect

- The test will take 2 to 3 hours. At least 30 minutes of this time is spent waiting for the imaging *tracer* to circulate in your body, so you may want to bring something to read.
- A nurse or an *exercise physiologist* will run your test and monitor you.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Heart Institute at UWMC -
Northwest: 206.363.1004