

What to bring with you to your appointment

Insurance Card

Referral

Medication List

Reading Glasses

Do not bring children

You will be able to drive after the test

Test takes 3-5 hours

Wear comfortable walking shoes

If unable to keep appointment please notify us at least 24 hours prior to test, otherwise you will be responsible for the cost of the Radioisotope. (\$200.00)

During normal business hours call:

Call 540-374-3264

*Virginia Cardiovascular
Consultants*

Nuclear Stress Testing

1201 Sam Perry Boulevard,
Suite 280
Fredericksburg, Virginia 22401

VCC



Tel. 540-361-2922

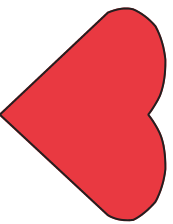
**Virginia Cardiovascular
Consultants**

What is a Nuclear Stress Test ?

A Nuclear Stress Test is a way to determine if your heart muscle is getting the blood supply it needs. This test also helps find out how well your heart is working. To perform the test, a small amount of Cardiolite® is injected into your blood. A special camera is then able to take pictures of your heart muscle.

There are 3 phases to this test. They are Rest phase, Stress phase (either by treadmill or pharmacological), and Post Stress phase. You will be monitored by a Nurse Practitioner during the exercise portion of the test. **The entire test takes 3–5 hours.** You will be able to drive home after this test.

Although Cardiolite® is a radioactive material, it is safely cleared from your body by natural processes. You will be exposed to the same amount of radiation as in a simple X-ray but less than a CT scan. Millions of nuclear medicine exams are safely performed each year.



Important Instructions to follow prior to your test:

Eating: ***AM test:*** Nothing to eat or drink after midnight

VCC will provide a heart healthy snack during testing. You may bring your own non-perishable snack (i.e. fruit, granola bar) if you prefer.

PM test (after 12:00):

You may eat a light breakfast before 8:00 AM. (Ex: Toast, oatmeal, cereal, or eggs)

No Caffeine for 12 hours

prior to test: this includes decaffeinated products or any medicine with caffeine in them, i.e. Anacin, Excedrin, coffee, tea, soda, and chocolate

Diabetics: Follow your physician/practitioner's instructions about your diabetic medicine

Medications: **Take all medicines as prescribed except:**

You may take pain medicine

Ordering Physician

You are Scheduled for a:

	Time	Date
<input type="checkbox"/> Nuclear Treadmill Test		
<input type="checkbox"/> Nuclear Persantine Test		
<input type="checkbox"/> Nuclear Lexiscan Test		
<input type="checkbox"/> Nuclear Dobutamine Test		

Name _____

Date of Birth _____ Height _____ Weight _____

Diagnosis _____

Primary Care _____

Insurance _____

Have you ever been seen in this office before? YES NO

Virginia Cardiovascular Consultants

Dr. Frans Vossenbergh, M.D., FACC
Dr. Thomas Martyrak M.D., FACC
Dr. Robert Vranian M.D., FACC
Dr. Henry Clemo M.D., Ph.D, FACC
Dr. Thomas Wheeler M.D., FACC
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