



# Eastlake Cardiovascular, PC

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George B. Ghanem, MD, FACC, FASE • Thomas A. LaLonde, MD, FACC, FACP • Georges B. Ghafari, MD, FACC, FASE  
Thomas P. Davis, MD, FACC • Joan S. Crawford, DO, FACC, FASE, FASNC • Marc O. Gosselin, DO, FACC  
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Zaid Kasmikha, DO, FACC • Joel, Skaistis, MD • Rose-Marie Prasatek, MIS, RN, Practice Administrator  
Amy Webster, NP • Mary Jo Pitera, NP • Kathryn Lewis, NP • Jennifer Schramski, PA-C • Mona Denha, NP

## INSTRUCTIONS FOR A NUCLEAR STRESS TEST

### ***What is the purpose of a nuclear stress test?***

The nuclear stress test is a diagnostic exam used to evaluate the supply of blood to your heart muscle. This test may be useful in detecting the presence and significance of coronary artery disease.

### ***How should I prepare for my nuclear stress test?***

- ♥ **The test takes approximately 4 hours**, although, your total test time will vary. You may want to bring a book to read.
- ♥ **Please do not eat or drink anything 4 hours prior to the test.** Please no cough drops, candy, gum chewing 4 hours prior to your test. You may have water at anytime. Patients with diabetes, consult your doctor as to your insulin dose on that day.
- ♥ **No caffeine 24 hours before your test.** This means **no soda pop, chocolate, coffee, tea, decaffeinated beverages or medications containing caffeine the day prior to your test.** Some examples of medications containing caffeine are Anacin, Excedrin, and other migraine medications.
- ♥ **Take your medications at your usual time**, unless your physician has indicated otherwise. Please bring a list of your current medications, as you may be asked for it.
- ♥ **Wear comfortable footwear** appropriate for brisk exercise on a treadmill (**no flip-flops, heels or slip-on shoes**). Wear a short sleeve loose-fitting shirt that contains no metal; no under-wire bras or necklaces. A hospital gown can be provided. Slacks or shorts are preferred (no full length dresses or slips).
- ♥ **Bring a can of soda pop with you.** It can be regular, diet, caffeinated, caffeine free, as long it is carbonated. This will improve your image quality. We will tell you when to drink it.
- ♥ **Please shower prior to your appointment** to reduce the spread of bacteria to our equipment.
- ♥ **Please do not apply any lotions or oils** to your chest area the day of the test.
- ♥ **Family members are allowed to accompany you** to the test, but are restricted to the lobby.
- ♥ **Please bring a jacket/sweater** due to the cool department temperatures..
- ♥ **Patients having a Pharmacological stress test** must follow above instructions and **must not** have any Theophylline or Persantine (Dipyridamole or Aggrenox) medications 48 hours prior to test.
- ♥ **When your test is complete**, you may schedule an office visit with your physician to discuss the test results. If you have not heard from your physician in two weeks please call the office for your results. Please do not ask the testing staff for your results, as they are not allowed to discuss them.

### ***Should I take any special precautions?***

The radioactive tracer contains no iodine for those patients whom may be allergic to iodine. Female patients must inform the nuclear medicine technologist if pregnancy is known or suspected. **All female patients under the age of 50 MUST OBTAIN A PREGNANCY TEST** no more than 72 hours before the test (we will give you an order form). If you are a nursing mother, call the Nuclear Medicine Department.

You may call the Nuclear Medicine Department at (586) 498-0440 between 8 AM and 3 PM, Monday through Friday, if you have additional questions.

**PLEASE NOTE:** There will be a \$100 cancellation fee for tests cancelled without 24 hours prior notice.

44199 Dequindre Rd, Suite 504  
Troy, Michigan 48085  
Telephone (248) 964-2380 • Fax (248) 964-5400

16700 21 Mile Road, Suite 106  
Macomb Township, MI 48044  
Telephone (586) 226-6700 • Fax 586-948-8530

24211 Little Mack  
St. Clair Shores, MI 48080  
Telephone (586) 498-0440 • Fax (586) 498-0401

1135 W. University, Suite 200  
Rochester Hills, MI 48307  
Telephone: (248) 923-2002 • (248) 759-4892

25990 Kelly Rd, Suite 3  
Roseville, MI 48066  
Telephone (586) 944-2800 • Fax (586) 944-2801

16815 East Jefferson Ave, Suite 110  
Grosse Pointe, MI 48230  
Telephone (313) 509-2212 • Fax (313) 509-2202