

Department of Nuclear Medicine
Kaiser Permanente Medical Center
2425 Geary Boulevard
San Francisco, CA 94115
(415) 833-4200

Instructions for Nuclear Cardiac Stress Test

Absolutely No Caffeine for 24 hours before the Test This includes Coffee, DeCaf Coffee, Tea, Chocolate, or Cola

Dear Health Plan Member:

A Cardiac Stress Test is a procedure in which your heart can be examined, with you at rest and under stress.

Your Appointment is on:

Day	Date	Time
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Do not eat or drink anything, except for any prescribed medications and a little water, for 2 hours before your appointment. Please take your medications as prescribed, UNLESS specifically told by your doctor not to do so. Prior to the two hours an early light breakfast would be appropriate.

If you are on medication and/or insulin for diabetes, you should stay with **your normal routine** of testing blood sugar, take your medication or injection, and eat your normal breakfast. Please bring a light snack with you if you normally have one mid-morning.

Please bring a complete list of your medication with you including the name and the strength of the medications and the number of times taken. **If you are unsure of this, please bring your medications with you.**

Wear comfortable loose clothing. Tennis shoes or other low-heeled soft shoes are advised. Women: Please wear slacks and a blouse.

Please come to Nuclear Medicine, second floor of the hospital building at 2425 Geary Blvd, arriving 15 minutes before your appointment time for registration and forms completion. If the receptionist is not there please have a seat and someone will be with you shortly.

There are two parts to this exam. A small intravenous cannula will be placed in your arm. The first radioactive tracer will be injected through this cannula, after a wait of approximately 15 – 30 minutes, pictures of your heart will be taken. Next, the EKG technician will prepare you for the next part of the test by placing electrodes on your chest for monitoring your heart during exercise on the treadmill or pharmacological stress. A second radioactive tracer will be injected at this time and another set of pictures will be taken in about ½ an hour. You will be given a juice and crackers after the stress portion of the test.

If you cannot keep your scheduled appointment, please call the Nuclear Medicine Department at 415-833-4200.

Length of Test: Approximately 3 ½ Hours