



radiology SA

# NUCLEAR MEDICINE CARDIAC STRESS TEST

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**Your appointment  
Date:**

**Time:**

Patient Preparation:

- **No caffeine for 24 hours.**
- **Check all medications at the time of booking.**
- **Please wear clothes and footwear appropriate for exercise.**

Time for Examination:  
**2 hours in the morning.**  
**1 hour in the afternoon.**

Please Bring:  
**All previous Imaging including Nuclear Medicine Scans, X-rays, US, CT and MRI studies.**

Location:

**Calvary Hospital  
X-Ray Department  
89 Strangways Tc  
North Adelaide SA 5006**

Parking:

Free on-street parking is available (1hour, 2 hour and all day). Please take note of parking time limits as this area is patrolled by council.

Radiology SA Nuclear Specialists:

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Your doctor has recommended that you have a Nuclear Medicine Cardiac Stress Test. You must not have any caffeine or caffeine products in the 24 hours prior to your test. This includes tea, coffee, milo, chocolate, chocolate biscuits, soft drinks, even many herbal teas and decaffeinated coffees. We recommend that you only drink water and juice in the 24 hours prior to your test. You may have a light breakfast on the morning of the test. Also, as many medications will interfere with the accuracy of the test, you must check all medications at the time of your booking. You will be given specific instructions on what medications you will need to stop (if any) and for how long. A Nuclear Medicine Cardiac Stress Test is a two part procedure.

Part 1: The doctor will need to assess your heart under “stress”. This is done by exercising on a treadmill. If you are unable to exercise sufficiently a medication to mimic exercise will be used which can cause side effects of headache or nausea. Possible side effects can be medically reversed and will be discussed with you on the day.

The doctor will closely monitor your heart with an ECG and blood pressure checks. When your heart has reached a target work capacity, you will be injected with a small amount of a radioactive medication (no associated side effects) into an arm vein via a small plastic tubing inserted at the beginning. You will then be asked to rest in the waiting room for approximately half an hour before the first set of heart images are taken. During this time you will be given a small tub of ice cream to eat that helps clear any excess radioactivity through your system and results in clearer pictures.

Imaging involves lying on a scanning bed for around 20 minutes while a camera rotates around your heart. It is preferable for you to have your arms above your head during the scan.

You will be given an appointment time to return in the afternoon for Part 2 (usually 3-4 hours after Part 1). In between Part 1 and 2 you may have caffeine and a light lunch. During this interval it is important that you avoid heavy physical activity as we need to assess your heart at “rest” in part 2, e.g. a slow 5 minute walk to the cafeteria is acceptable but a brisk 30 minute walk into the city is not.

Part 2: You will be given a second dose of the same radioactive medication through the same plastic tubing in your arm. The tubing is then removed. Again you will be asked to sit in the waiting room for approximately half an hour and you will be given another small tub of ice cream. Your second set of images will then be taken. This procedure is very similar to your scan in the morning and will take approximately the same time.

This study is unsuitable for pregnant women. Breast-feeding mothers can have a Nuclear Medicine Cardiac Stress Test but avoiding feeding from the breast and prolonged close contact with your baby is suggested for 12 to 24 hours after the injection. Feeding your baby with expressed breast milk or formula is recommended during this time. Patients who are primary care-giver to children under five on the day of the test, are encouraged to maintain a certain distance (around 1 metre) from the children where possible. This is not essential but is recommended in the 12 hours following initial injection, to avoid very young children being exposed to small amounts of radioactivity unnecessarily.

**For more information please contact: 08 8402 0270**

