



# Aurora Denver Cardiology Associates

1444 S. Potomac St.  
Suite 300  
Aurora, CO 80012  
P) 303-750-0822  
F) 303-750-1298

1601 E. 19<sup>th</sup> Ave.  
Suite 5000  
Denver, CO 80218  
P) 303-839-7100  
F) 303-839-7249

10103 Ridge Gate Pkwy.  
Suite 103  
Lone Tree, CO 80124  
P) 303-645-0090  
F) 303-645-0092

14100 E. Arapahoe Road  
Suite 130  
Centennial, CO 80112  
P) 303-341-5751  
F) 303-341-2618

---

## Instructions for Nuclear Isotope Stress Testing

If you have asthma, take Aggrenox or Persantine medicine – please tell your doctor or our scheduler.

1. Please bring a current list of all your medications, and dose, or the bottles of all your medications with you to the test.
2. **Drink plenty of water or juice the morning of your test to prevent dehydration. DO NOT EAT for 4 hours prior to the test.** If your test is scheduled for the afternoon, you may have a light breakfast without any caffeine, chocolate, fatty foods or dairy products. Then nothing to eat for 4 hours prior to the test.  
**Diabetic patients:** Do not take oral agents or short acting insulin the morning of your test. If you take long acting insulin, take ½ of your usual dose. All diabetic patients should eat a light breakfast without caffeine, chocolate, fatty foods or dairy foods 2 hours before the scheduled test.
3. **NO CAFFEINE OR CHOCOLATE product 24 HOURS PRIOR TO YOUR TEST.** This includes decaffeinated beverages and medications such as Anacin, Excedrin, Wilgraine, Synalogs, Fiorinal, Darvon, Cafergot or NoDoz.
4. The test takes about 2.5 to 3 hours, so you may want to bring something to read.
5. Wear loose fitting clothes like a short sleeve shirt or blouse that buttons down the front. No zippered tops or metal. The sleeves should be loose so they will fit over the IV system in your arm. Wear comfortable shoes that you can exercise in. Athletic shoes are best. No heels, boots or pantyhose.
6. Please do not wear body lotion or baby oil on your skin the day of the test.
7. Take your medication at the prescribed times unless otherwise instructed (SEE YOUR MEDICATION INSTRUCTIONS).
8. **DO NOT SMOKE** for at least 2 hours prior to the test.
9. Please notify this office if you have a cold, cough, “flu”, injury or anything that you feel may interfere with your ability to do this test. These tests are not performed in the presence of other illnesses and may need to be rescheduled.
10. **If you think you might be pregnant or are breast feeding, let us know.** Tests requiring radioactive tracers should not be done during pregnancy, unless your physician has specifically approved this test for you and you have been informed of the risks. Breast feeding must be suspended. Notify the technologist.
11. Due to the cost of the isotope, if you must cancel the procedure, please notify us **AT LEAST 24 HOURS IN ADVANCE. This will enable us to cancel the isotope order.**



# Aurora Denver Cardiology Associates

1444 S. Potomac St.  
Suite 300  
Aurora, CO 80012  
P) 303-750-0822  
F) 303-750-1298

1601 E. 19<sup>th</sup> Ave.  
Suite 5000  
Denver, CO 80218  
P) 303-839-7100  
F) 303-839-7249

10103 Ridge Gate Pkwy.  
Suite 103  
Lone Tree, CO 80124  
P) 303-645-0090  
F) 303-645-0092

14100 E. Arapahoe Road  
Suite 130  
Centennial, CO 80112  
P) 303-341-5751  
F) 303-341-2618

## Medication Instructions

### For Referring Physicians:

Patients to take all medications except:

- Treadmill patients: No BETA BLOCKERS unless required for Arrhythmias
- Pharm stress patients: BETA BLOCKERS ARE OK.

### For Patients having a Nuclear Scan:

- If you are walking on the treadmill – DO NOT take BETA BLOCKER for 24 hours
- If you are not walking on the treadmill but are receiving an exercise medicine – you MAY TAKE your Beta Blockers

## BETA BLOCKERS

BetaPace (Sotalol)  
Cartrol/Carateolol  
Inderal/Propranolol  
Levatrol/Penbutolol  
Trandate/Normodyn  
Ziac

Blocadren/Timolol  
Coreg (Carvedilol)  
Kerlone/Betaxolol  
Sectral/Acebutolol  
Viskin/Pindolol

Brevibloc/Esmolol  
Corgard/Nadolol  
Labetalol  
Tenoretic  
Zebeta/Bisoprolol

Please refrain from taking the following Beta Blockers for 48 hours prior to your test:

Aggrenox  
Tenormin/Atenolol

Bystolic, Coreg CR  
Toprol XL/Metoprolol

Lopressor/Metoprolol

## FIRST TIME PATIENTS REFERRED FROM PRIMARY CARE PROVIDERS WHO HAVE NOT YET SEEN A CARDIOLOGIST AT AURORA DENVER CARDIOLOGY PLEASE NOTE:

If your test is being done to diagnose possible Coronary Artery Disease, be sure to **not take Beta Blockers for 48 hours before your test.** You may take all other medications. If you have any questions, please check with the ordering doctor.

Bring your Beta Blockers/Inhalers to your test and you can resume taking them after the test is complete.



# Aurora Denver Cardiology Associates

1444 S. Potomac St.  
Suite 300  
Aurora, CO 80012  
P) 303-750-0822  
F) 303-750-1298

1601 E. 19<sup>th</sup> Ave.  
Suite 5000  
Denver, CO 80218  
P) 303-839-7100  
F) 303-839-7249

10103 Ridge Gate Pkwy.  
Suite 103  
Lone Tree, CO 80124  
P) 303-645-0090  
F) 303-645-0092

14100 E. Arapahoe Road  
Suite 130  
Centennial, CO 80112  
P) 303-341-5751  
F) 303-341-2618

---

## PATIENT INFORMATION FOR NUCLEAR ISOTOPE STRESS TESTING

You will be having a Nuclear Isotope diagnostic stress test. This test is composed of two parts: a nuclear scan using a radioactive tracer, or isotope, that shows how blood is flowing to the heart and a stress test. The stress test is routinely performed using a treadmill. A treadmill is a motor driven belt that can be run at different speeds and inclines. You will be walking on the moving belt starting at a slow speed and a gentle incline. Both the speed and incline are gradually increased every 3 minutes and your EKG and blood pressure will be constantly monitored. The goal is to reach a pre-determined heart rate that is consistent with a level that will stress the heart.

If you are unable to exercise due to respiratory, orthopedic or vascular problems, you may be scheduled or switched to an intravenous infusion of a pharmacological stress medication. These medications simulate the stress that exercise would put on the heart. This will not require walking on the treadmill, but will supply us with similar information.

This test provides important information about your heart and is performed for many reasons. It may be performed to determine whether heart disease exists or to evaluate the effectiveness of treatment for heart problems. The treadmill portion itself is also used to evaluate physical fitness, as well as to determine safe levels of exercise and to provide exercise prescriptions for cardiovascular conditioning programs and to monitor blood pressure.

This diagnostic procedure will require 2.5 to 3 hours from your scheduled time of arrival until its completion. You should wear clothing comfortable for exercise and your shirt, blouse or top should have sleeves that can be easily removed over the arms. The test requires an IV to be placed in a vein of your hand, wrist or arm. You will be given the isotope through the IV to image your heart's blood flow at rest. You will then be asked to wait in the waiting room for 15-30 minutes prior to having your first nuclear scan to visualize the resting blood flow to the heart.

Following the first nuclear scan, EKG electrodes will be placed on your chest and your treadmill or medication simulated stress test will begin. You will be monitored during your stress test. The test may be stopped if you have chest pain, shortness of breath, leg cramps, blood pressure changes, EKG changes or you have reached your pre-determined target heart rate. The persons monitoring your test will question you throughout the stress test to determine how you are tolerating the test. Near the end of the treadmill or medication stress test, the isotope will be injected through the IV in your arm. About 1-2 minutes after the injection, the stress test will end. Your EKG and blood pressure will be monitored until they return to resting levels. The isotope flows to your heart and is distributed into the heart muscle. This allows us to look at the blood flow to your heart at peak exercise. This analysis is done by a second nuclear scan performed approximately 30-60 minutes after the completion of the stress test. The resting and stress images will then be interpreted by an ADCA cardiologist to determine if an abnormality is present.