

## Stress Test Nuclear Treadmill Patient Instructions

**To avoid the rescheduling of your appointment please follow the prep instructions below**

Plan for your testing to last up to 3-4 hours. Please wear comfortable shoes and clothes and bring a list of your medications with you.

### **24 hours before the test:**

- **No caffeine**
- **No decaffeinated products such as sodas**
- No alcohol
- No carbonated beverages
- No energy drinks
- No food/drinks/candy containing chocolate
- No black licorice
- Please do not take any over the counter medications that have caffeine listed in the contents. (such as Excedrin® or Excedrin Migraine®)
- You may drink water, milk, fruit juice, lemonade, Gatorade®, V-8®, Crystal Light®

### **4 hours before the test:**

- Nothing to eat or drink. You may have sips of water in the morning with your medications.
- No smoking or tobacco products.

A stress test nuclear treadmill test is used to evaluate the blood supply to your heart muscle. Cardiac stress tests are done to find areas of poor blood flow to the heart by determining the extent of coronary artery disease (CAD).

Your exam will begin in the nuclear medicine department, where an IV will be started and you will be injected with a radiotracer called an isotope. Images will be obtained to evaluate your heart before the stress portion of the exam.

You will be taken to the stress department, where you will have several electrodes (small, sticky patches) placed on your chest and a baseline electrocardiogram (ECG or EKG) will be performed. Your heart rate, blood pressure and oxygen levels will be monitored by the cardiologist and cardiac nurse.

Next, you will be asked to walk on a treadmill. The average walking time is 6-10 minutes. Your blood pressure and ECG will be monitored throughout this test. The treadmill will start slowly and then gradually increase speed and incline every 3 minutes. You will continue walking until you have reached your target heart rate, or the cardiologist has obtained adequate information. You will be asked to report any symptoms such as chest pain or shortness of breath. The test may be stopped if you experience these symptoms.

Please call the Radiology Department if you have any questions or concerns  
309-649-5174



You will return to the nuclear medicine department one final time for the stress images to evaluate how your heart functions under stress.

Once your exam is complete, the cardiologist will review your images and ECG tracings. Your provider will receive a copy of this report. Results will be provided to you as soon as they are available. This may be after you leave the facility.

As soon as your results are available, you can view them on your patient portal. If you need assistance signing up for portal, contact Graham Medical Records at (309) 647-0201 Ext. 5100 or via email: [ghpatportal@grahamhospital.org](mailto:ghpatportal@grahamhospital.org)

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