



Pharmacologic & Exercise Radionuclide Test Instructions

Patient name _____

- Procedure: **Pharmacologic radionuclide (nuclear) test**
 Exercise radionuclide (nuclear) test

PATIENT CHECK-IN:

- Bring your insurance card, legal identification card and this form with you.
- Check in on the 6th floor of James Tower at the Cherry Hill campus; **Suite 630** is the Cardiovascular Diagnostic Imaging Center.
- It is very important that you plan to arrive **15 minutes before** your actual test time. We are located in the city where traffic and parking are challenging. Please plan extra time for travel and parking.
- If you are late for your appointment, we may need to reschedule you to another time or day.
- The department phone number is **206-320-5353**, Monday-Friday, 8 a.m. to 5 p.m.

WHAT SHOULD I EXPECT FROM THIS TEST?

This test is done to evaluate your heart by testing for coronary artery disease, blood flow to the heart muscle, the overall level of cardiovascular conditioning and the pumping action of the heart which is called an ejection fraction. It combines imaging of the heart with color pictures enhanced by radioisotopes (nuclear tracers). A stress test either by treadmill or with IV injection of regadenoson (Lexiscan) or dobutamine is performed. Two separate sets of imaging are done, one set before the stress test and one after the stress portion of the test. There are no sedating medications used during this test.

Please allow three hours for the test.

INSTRUCTIONS: Please read carefully. Failure to follow the instructions could result in cancellation of your test. If you have questions, please contact your doctor or clinical staff.

- Please let the clinical staff know before the test if there is a possibility of pregnancy.
- No food for 4 hours before the test. **Water is permitted and encouraged up until the test.**
- No smoking for 3 hours before the test.
- Diabetic patients may have toast and clear liquids (apple or white grape juice) before coming in for the test. Ask your doctor or clinical staff for special instructions regarding your diabetes medications.
- DO NOT have any drinks, food or pills that contain caffeine at least 12 hours before the test.** This includes chocolate, coffee, tea, colas and all

Test date(s): _____

Day(s): _____

Check-in time: _____ a.m./p.m.

Appointment time: _____ a.m./p.m.

This appointment time has been reserved especially for you. If you need to cancel for any reason, kindly provide us with 24 hours notice by calling 206-320-3202.

decaffeinated products as well. Medicines that have caffeine (Excedrin, Darvon, Anacin, diet pills) should not be taken 12 hours before the test.

- Refrain from vigorous exercise routines 12 hours before your test.
- Wear a loose-fitting, two-piece outfit and sturdy walking/running shoes. No high heels, sandals or slides.
- Do not wear body lotions, oils, sprays (tanning spray), perfumes or powders as this will interfere with the test.**
- Please bring a high protein, high fat snack (such as peanut butter sandwich or cheese and crackers). You will be asked to eat a snack after the stress portion is completed. These types of food help to get better pictures of the heart.
- Young children (under age 18) are not permitted in the testing area. Please arrange for childcare before your appointment.

MEDICATIONS: Some medications interfere with the test results or in some cases are dangerous when combined with medication used for the test. Please check with your doctor or clinical staff for specific instructions regarding medicine.

- If you take a **Beta-Blocker** (such as atenolol, metoprolol, Tenormin, Lopressor, Toprol, Coreg) or **nitrates** (Nitro patch, isosorbide, Isordil), please check with your doctor or clinical staff for instructions.
- If you use medications with "Theo" in the name, consult your doctor or clinical staff for instructions.
- If you take **Aggrenox** or **Persantine**, or anything with Xanthene **do not take it for 48 hours** before the test.
- If you take a diuretic ("water pill"), do not take it on the day of the test. (Bring it with you to take after the test.)
- If you use inhalers; bring them with you.

Special instructions: _____

DRIVING DIRECTIONS

From the south

Take I-5 northbound to the James Street Exit (164). Turn right (east) on James Street. James Street will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson Street (west). Turn right into the main entrance (north).

From the North

Take I-5 southbound to the James Street Exit (165A). Turn left (east) on James Street. James will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson Street (west). Turn right into the main entrance (north).

PARKING

Short-term parking is available in the Plaza Garage. Enter from the main driveway.

Long-term parking is available in the 16th Avenue Garage, on 16th Avenue. From the main entrance of the hospital, turn right on Jefferson Street (west). Turn right on 16th Avenue (north). The garage entrance is up the block on the left.

Parking validation is not available.

BUS INFORMATION

The following web site provides information regarding bus routes to the Cherry Hill campus:
http://tripplanner.kingcounty.gov/cgi-bin/itin_page.pl?resptype=U.



CARDIOVASCULAR DIAGNOSTIC IMAGING CENTER

Cherry Hill

James Tower
550 17th Ave., Suite 630
Seattle, WA 98122
T 206-320-5353
F 206-320-5355

swedish.org

We do not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender identity or expression, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY:711)

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY:711)