

**Appointment  
Date:**

**Time:**

**Patient Preparation:**

- No caffeine for 24 hours
- Check all medications at time of booking
- Wear clothes and foot wear appropriate for exercise.

**Time For Examination:**

Day 1: 2 – 3 hours

Day 2: 1 – 1.5 hours

**Please Bring:**

Any related previous imaging including Nuclear Medicine Studies, X-Rays, Ultrasounds, CT and MRI scans.

**Locations:**

Gold Coast Radiology,  
Suite 1 & 2 Harbour Point  
10 Santa Barbara Road,  
Hope Island, QLD 4212  
Phone: 07 55142555  
Fax: 07 55142511  
[www.gcradiology.com.au](http://www.gcradiology.com.au)

**Undercover parking is  
available.**

## NUCLEAR MEDICINE CARDIAC STRESS TEST

Your doctor has asked that you have a Nuclear Medicine Cardiac Stress Test. It is important that you do not have any caffeine or caffeine products for 24 hours prior to your test. This includes tea, coffee, milo, chocolate, chocolate biscuits, soft drinks, and many herbal and decaffeinated coffees. It is recommended you drink only water or juice in the 24 hours prior to your cardiac stress test. You may have a light breakfast the morning of your test. Many medications will interfere with the accuracy of the test, and you will need to check all your medications at the time of your booking. You will be given specific instructions on whether or not you will need to stop your medications and for how long. The cardiac stress test is completed on two separated days, this allows for better imaging quality and also allows us to reduce your radiation dose.

The Nuclear Medicine Cardiac Stress Test is performed on two separate days.

**Day 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 sometimes cause minor side effects like headache and nausea. These side effects can be medically reversed easily if they occur. Whilst exercising, the doctor will closely monitor your heart with an ECG and blood pressure checks. When your heart has reached a sufficient work capacity you will be injected with a small amount of radioactive tracer. There are no side effects from this tracer. When the exercise part of the test is completed you will be asked to sit and rest in the waiting room for approximately 30 minutes prior to imaging your heart. During this time you will be asked to drink some cold water. This will help to improve the images of your heart by clearing any excess tracer through your system. The imaging of your heart involves you lying on a bed for about 20 minutes while a camera rotates around your heart. Both arms should be placed above your head during the scan.

**Day 2:** A second appointment will be given for you to return the following day for additional imaging. These second images are done at “rest” which means you will not need to exercise like you did the previous day. A small amount of radioactive tracer will be given into a vein in the arm (much like a blood test) and then you will be asked to sit and wait in the waiting room for approximately 30 minutes before scanning. During this time you will be asked to drink some cold water. Imaging will take approximately 20 minutes much like on day one of the test.

This study is not suitable 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 of our tracer. Feeding your baby with expressed breast milk or formula is recommended during this time.

**For more information please contact:**

**07 55142555**