

IMPORTANT NOTE

If you must cancel your test, we must have 24 hours notice. The nuclear isotopes are ordered ahead of time, just for you. They are not returnable.

What about my medication?

Generally, no medications are taken the morning of the test and some medications may be withheld for 24 hours prior to the test. Please refer to any special instructions noted below.

If you are a diabetic, take 1/2 of your insulin and have a small meal consisting of juice and toast the day of your stress test appointment.

Please follow the medication instructions noted below:

Appointment Information

Exam - Date/Time	___ Glastonbury
Day 1 _____	___ Avon
• Rest Images _____	AM/PM
• Stress Images _____	AM/PM
Day 2 _____	
• Rest Images _____	AM/PM
• Stress Images _____	AM/PM



305 Western Boulevard • Glastonbury, CT 06033
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100 Simsbury Road, Suite 202 • Avon, CT 06001
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Directions to the Glastonbury office

From I-84: - Take I-84 E or W toward Hartford. Take Exit 55/CT-2 E. Follow CT-2 to Exit 8/CT-94 Hebron Ave. Turn left off of the exit onto Hebron Ave./CT-94. Turn left onto Western Blvd. and continue for approximately .6 mile. The office is on the left at Gateway Medical Office Park, North, 305 Western Boulevard.

From I-91 Southbound: - Take I-91 S toward Hartford. Take Exit 30/ I84 E/CT-2 E (Hartford/New London) (left-hand exit onto the Bulkeley Bridge (I-84 E). Take Exit 55/CT-2E/Norwich exit. Take Exit 8/CT-94 Hebron Ave. Turn left onto Hebron Ave. Turn left onto Western Blvd.; continue for approximately .6 mile. The office is on the left at Gateway Medical Office Park, North, 305 Western Boulevard.

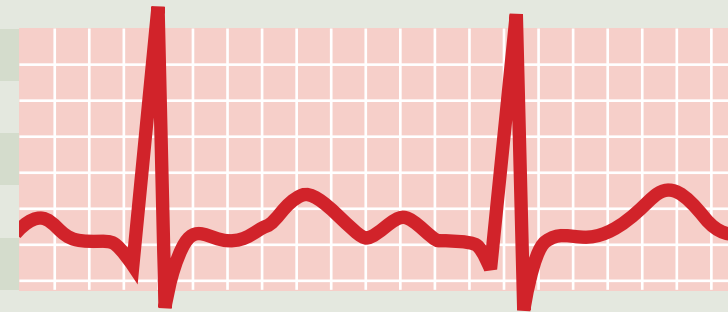
From I-91 Northbound: - Take I-91 N toward Hartford. Take Exit 25-26/CT-3N Glastonbury/Old Wethersfield stay right and follow toward Glastonbury. Take the CT-2E/Norwich exit. Take Exit 8/CT-94 Hebron Ave. Turn left onto Hebron Ave. Turn left onto Western Blvd.; continue for approximately .6 mile. The office is on the left at Gateway Medical Office Park, North, 305 Western Boulevard.

Directions to the Avon office

From I-84 Westbound - Take exit 43 (Park Road/West Hartford Center). Turn left at light at end of ramp. At second light turn right onto South Main Street for 2.2 miles. Take a left at light onto Route 44 West (Albany Avenue). Go over Avon Mountain approximately 4.3 miles. Stay straight through light onto Route 10/44 West for 0.5 miles. At O'Neil's Chevy turn right onto Route 10 North/202 (Simsbury Road). Avon Wellness Center is 0.5 miles on the right (opposite Fisher Drive). *If you pass Riverdale Farms you have just missed the entrance.*

From I-84 Eastbound - Take exit 39 (Farmington/Route 4) and proceed straight through the light at the intersection of Route 4. Proceed into Farmington and at the light (Farmington Golf Club is on the right) take a right onto Route 10. Follow Route 10 until it intersects with Route 44 at Avon Old Farms. Take a left and stay straight through light onto Route 10/44 West for 0.5 miles. At O'Neil's Chevy turn right onto Route 10 North/202 (Simsbury Road). Avon Wellness Center is 0.5 miles on the right (opposite Fisher Drive). *If you pass Riverdale Farms you have just missed the entrance.*

NUCLEAR IMAGING PROCEDURES



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What is a Nuclear Stress Test?

A nuclear stress test is a non-invasive test that provides your cardiologist with additional information about your coronary blood flow. The test consists of two parts, a stress component and the other being a resting component.

How do I prepare for the test?

Please follow the steps noted below:

- You should **not** have any **caffeinated** beverages for 24 hours prior to the test such as coffee, tea, soda, chocolate, and decaffeinated coffee, tea, or soda. Instead, you may have milk, juice or water.
- Do not eat anything from midnight the night before the test until after the stress portion of the test. You may drink water.
- If you are scheduled for a stress test in the afternoon you may have a light breakfast such as toast and juice prior to 7:00 A.M.
- If you are diabetic, you may have a light breakfast of toast and juice. Please discuss this with the person who is scheduling the test for detailed instructions.
- Please wear comfortable clothes and rubber-soled shoes to walk on the treadmill.

Note: Failure to follow these instructions may result in cancellation of your test.

How is the test performed?

The nuclear stress test consists of the following two parts:

1. The stress portion of the test occurs when a nuclear isotope is injected during exercise or when Adenosine/Dobutamine/Lexiscan is infused.
2. The rest portion of the test involves the injection of the nuclear isotope a second time while you rest.

Each portion of the test takes about 90 minutes and can be done in a single day or two different days, depending on the patient's weight and scheduling preference.

During the rest portion of the test:

- An IV is started in your arm or hand and will remain there until the completion of the test.
- You receive a nuclear isotope injection via your IV. This agent is a low-level radioactive tracer that shows blood flow to your heart muscle at rest.
- After about 30 minutes, you are scanned over a 20-minute period. There are no side-effects from the injection of this isotope.

During the stress portion of the test:

- Electrodes are placed on your chest for an EKG and a blood pressure cuff on your arm to monitor your blood pressure during the test.
- An injection of isotope is given to fully visualize blood flow to your heart.

- You then spend an average of 6 to 12 minutes on the treadmill. The actual time will depend on how long it takes you to get your heart rate to where it needs to be based on your age and overall fitness.

Note: If you cannot exercise on the treadmill, you will receive an Adenosine/Dobutamine/Lexiscan infusion that will mimic the effects of exercise.

- After the treadmill component of the stress test, you will go to the imaging camera where you will lie on a table with your arms extended over your head. You will be asked to lie still for 20 minutes while your heart is scanned.

Note: If you cannot put your arms over your head for 20 minutes, please inform our staff prior to the test.

When will I receive my results?

A nuclear cardiologist will interpret your test results over the next 24 hours. You can expect to receive a call from our office in 2 business days or less with your results.