

**CENTRAL FLORIDA CARDIOLOGY GROUP P.A., NUCLEAR STRESS TEST**  
**1745 North Mills Avenue · Orlando, Florida 32803 PH:(407) 841-7151**

In the event the following instructions have not been followed the exam may be rescheduled. If you are unable to keep the appointment you must notify our office 2 business days prior to your test. A cancellation fee of \$100.00 will apply if notice is not provided.

**How do I prepare for my exam:**

- \* **Do not eat anything for 4 hours prior to your exam time**
- \* **You must avoid all caffeinated and decaffeinated products 24 hours prior to your appointment**
- \* You should avoid all nicotine products 24 hours prior to your appointment
- \* Wear comfortable clothing (no dresses or 1 piece outfits)
- \* Wear comfortable walking shoes (no sandals, flip flops or heels)
- \* Refrain from wearing lotion, cologne or perfume the day of your exam (you may use deodorant)
- \* Bring all your medications (including inhaler) or list of current medications including dosages

**How the test is performed:**

- \* An IV line will be placed in your arm to allow administration of a radio tracer used for imaging the heart. The material does not contain iodine
- \* 2 sets of images will be performed while lying still on a narrow table for approximately 20 minutes for each set of images
- \* Your physician may choose a 1 day or 2 day Nuclear Stress Test
- \* A 2 day Nuclear Stress Test may be performed on patients with an above average Body Mass Index (BMI) and weight for better image quality
- \* The appointment takes approximately 4 hours

**Why the test is performed:**

The Nuclear Stress Test exam allows your physician to look at the flow of blood to the heart muscle

**Is the Nuclear Stress Test safe:**

The amount of radiation exposure from the tracer is extremely low as compared to the quality of information gained from having a Nuclear Stress Test performed