

CARDIAC NUCLEAR STUDY WITH EXERCISE INSTRUCTIONS

A cardiac nuclear study is done to check the blood flow to your heart muscle and the check the pumping action of your heart. You will exercise on a treadmill.

- ♥ This test takes about three hours.
- ♥ We will discuss with you which medications you can or cannot take on the day of the test. Take all of your medications on the day of the test unless you are told not to take certain medications. Bring all of your current medications to your appointment.
- ♥ You may eat up to two hours before the test. You may drink up to the time of the test. If you are **diabetic** you may take your usual diabetic medications.
- ♥ **NO CAFFEINE THE DAY OF THE TEST** regardless of the time of the appointment. Do not eat or drink coffee, tea, sodas containing caffeine, chocolate, etc.
- ♥ For women – no dresses or skirts, please. Wear comfortable clothes with a separate top and bottom.
- ♥ An intravenous line will be started.
- ♥ Wear comfortable walking shoes for your comfort while you walk on the treadmill.
- ♥ Do not wear sandals, flip-flops, or boots.

- ♥ The appointment for this test has reserved for you and the materials necessary for the test will be delivered on the morning of your test. Please plan accordingly so that we can complete the test recommended by your doctor. If you have any questions regarding your test, or need to cancel or reschedule it, please call 505-563-2594.

We are pleased to answer your questions or discuss your condition with other health care professionals.