**WHAT IS IT?** This test is done to evaluate blood flow to the heart. Inadequate blood flow to the heart is called *ischemia,* and it can cause chest pain, shortness of breath, or other cardiac symptoms. This test is also useful in detecting coronary artery disease (CAD).

TREADMILL NUCLEAR STRESS TEST

**HOW DOES THIS TEST WORK?** When you arrive for your test the technologist and nurse will obtain your health history, explain the procedure in detail, and answer any questions you may have. An IV will be started to administer the nuclear isotope. You will lie under the nuclear camera, where images will be taken of your heart while at rest. A cardiac isotope will then be given through the same IV, and you will exercise on the treadmill. A second set of nuclear images will be taken upon completion of exercise.



**WHERE DO I GO FOR MY TEST?** 1900 23rd St, Cuyahoga Falls, OH 44223. Come to Entrance 5 in the back of the hospital 15 minutes prior to your scheduled appointment time. Proceed to the RADIOLOGY department for registration and testing. Please bring your order, photo ID, all insurance cards, and a list of medications you are currently taking.

**PREPARING FOR YOUR TEST:**

* No eating, drinking, or smoking after midnight
* No caffeine for AT LEAST 12 hours prior to your test (this includes coffee and tea – both decaf and regular – soda, chocolate, energy drinks, and medications containing caffeine such as Excedrin)
* No Persantine or Aggrenox for 48 hrs prior to the test, and no Theophylline or Trental 72 hrs prior to the test.
* If you take medications, please contact the ordering physician for instructions on taking these prior to testing. If instructed to take meds, you may do so with small sips of water only.
* Do not wear 1-piece clothing such as a dress, coveralls, or overalls.
* Allow 4 hours for completion of this test.

**WHAT HAPPENS NEXT?** The results will be read by a cardiologist and sent to the ordering physician and PCP (if different) within 48 hours. However, it may take additional time to be reviewed and scanned into your record once received by your doctor’s office, so we recommend allowing 4-5 days prior to contacting your doctor’s office for results. If you would like a copy of your test results you can complete a ‘Release of Information’ request when you register, and results will be mailed upon completion of the report.

Thank you for choosing Western Reserve Hospital for your healthcare. We look forward to serving you! Please contact the Cardiovascular lab with any questions at (330) 971-7426. If you need to cancel your test, please contact Central Scheduling at (330) 971-7496.