



Atlantic Cardiology, P.L.C.

1900 CORLIES AVENUE
NEPTUNE, NJ 07753

(732) 775-5300

Atlantic Cardiac Imaging

Your test is scheduled for _____ at _____
Day, date time

This test will be given at: Atlantic Cardiac Imaging 1900 Corlies Ave.,
Neptune NJ 07753, Fourth Floor

HOW TO PREPARE FOR YOUR PROCEDURE:

Please be on time for your procedure. Late arrivals may result in rescheduling of the procedure.
Please call our office at (732) 775- 5300 the day before the procedure to confirm your appointment.

- Nuclear stress test:** Length of procedure approximately 3 – 4 hours.
No caffeinated drinks for 8 hours prior to the test such as coffee, tea, chocolate, cola drinks, and decaffeinated coffee.

For appointments before 12 noon: Do not eat or drink anything except water
8 Hours prior to the test.

For appointments after 12 noon: Have a very light breakfast, NO fat, NO dairy

Wear comfortable clothing and sneakers or footwear suitable for exercise. If you are taking medications, please consult with the doctor or nurse practitioner prior to the test date to determine what medicines, if any, should not be taken especially if you are diabetic.

No underwire bra's. Shirt's should not have metal or large plastic buttons.

No perfume or cologne

- Nuclear stress test pharmacological:** Length of procedure approximately 3 – 4 hours.
***No caffeinated drinks for 8 hours prior to test such as coffee, tea, chocolate, cola drinks, and decaffeinated coffee.

For appointments before 12 noon: Do not eat or drink anything except water
8 hours prior to the test.

For appointments after 12 noon: Have a very light breakfast show before scheduled appointment, NO dairy NO fat. If you are taking medications, please consult with the doctor or nurse practitioner prior to the test date to determine what medications, if any should not be taken especially if you are a diabetic.

We will provide snacks, but if you prefer to bring your own please feel free to do so.

- Medications:** You may take all your medications prior to this test except for the following:
Beta Blockers should be held if you are taking the **treadmill** nuclear stress test. (You do not need to hold these medications for the pharmacological test). These include medications named Atenolol, Toprol, Coreg, Sectral, Bisoprolol, Metoprolol, Tenormin, Zebeta, Labetolol, and Ziac.

Diabetes Medications should be held for both tests. If you take Insulin the night before, please cut your dose in half. If you take Insulin in the morning, do not take your Insulin as you will not be eating for several hours.

For pharmacological stress tests, do not take Aminophylline, Theophylline or Caffeine (coffee, tea, coca cola, pepsi, chocolate, etc.)

Atlantic Cardiac Imaging
1900 Corlies Ave. Neptune, NJ 07753, Fourth Floor
(732) 775-8533

What you can expect

- An IV is started in your arm by a nurse. You will then be injected with a radioactive isotope, and the first set of pictures will be obtained after 30-45 minutes. The pictures will take approximately 15 minutes. Since the injected material is not a dye, you will not have any allergic reactions. The isotope simply allows us to obtain pictures of your heart.
- Your chest is then prepped, (shaved) and EKG electrodes are applied.
- Exercise is then done using a treadmill. During this time, your EKG and blood pressure are monitored closely. Your physician or nurse practitioner will be present. If the treadmill can not be done Persantine (or medicine) will be administered. This is a pharmacological way of doing the stress test, to simulate exercise.
- At peak of exercise, another injection of isotope is given. Or 2-3 minutes after persantine is administered.
- After a monitoring period, during which your blood pressure and heart rate are watched closely, your IV is removed, and a final set of images are obtained after 30-45 minutes. The test is complete.

The average time for the test is 4 hours, but total test time can vary with each physician.

Questions

If you have any questions, please contact the cardiology department at (732) 775-8533 or (732)775-5300.

Getting test results

- A Cardiologist will study all the images and EKG's and prepare a report.
- A report will be sent to your ordering physician, this may take 1-2 day's.
- Your personal physician will discuss the results with you and what they mean to your health.