

# Cape Fear Cardiology Associates, P.A.

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## Nuclear Medicine Cardiology Studies

You have been scheduled for the following test in the office on

\_\_\_\_\_, 20\_\_\_\_ at \_\_\_\_\_.

\_\_\_\_\_ Treadmill Sestamibi

\_\_\_\_\_ Persantine Sestamibi

\_\_\_\_\_ Thallium

\_\_\_\_\_ MUGA

NO PREPARATION NEEDED

### Test Preparation:

1. **If you are not postmenopausal, not surgically sterile and last menstrual period has not begun within the last 10 days, you need to consider pregnancy. With the question of pregnancy, the Nuclear Medicine exam will not be performed until lab work is received declaring no chance of pregnancy.**
2. Try to get a good night's sleep the night before the test.
3. On the day of your test, wear comfortable clothes (pants and a loose shirt if possible). Wear comfortable shoes with soft rubber soles if you are to walk on the treadmill.
4. **DO NOT CONSUME CAFFEINE CONTAINING PRODUCTS FOR 24 HOURS PRIOR TO THE TEST. (this includes all coffee, all tea, soft drinks, all chocolate, cocoa, etc.)**
5. **DO NOT EAT, DRINK, OR SMOKE ANYTHING OTHER THAN WATER FOR 6 HOURS PRIOR TO THE TEST.**
6. If you are a diabetic, diabetic medications should **not** be taken the morning of your procedure.
7. Take your morning medications (blood pressure) with water unless directed by your physician to hold certain medications.

This test takes approximately 3-4 hours to complete. Please make arrangements in your schedule for this amount of time.

Due to the nature of your procedure we ask for a 48-hour notice in advance if you have a conflict with the scheduled date and time of your appointment. Please contact Cape Fear Cardiology Associates, PA Monday- Friday, 8:00 a.m. to 5:00 p.m. at (910) 485- 6470.