

How do I prepare for a nuclear stress test?

- You will be asked not to eat or drink 2 hours prior to the test. This will minimize the possibility of nausea, which may accompany vigorous exercise after eating. In addition, the pictures of your heart are clearer when the stomach is not full.
- Your cardiologist may decide to temporarily discontinue certain heart/blood pressure medications prior to the stress exam. These are discontinued because some heart medications may interfere with the accuracy and effectiveness of the exam.
- A hospital gown maybe provided on the day of the test. Sweat pants or shorts are preferred for the exercise portion of the exam (loose, comfortable clothing). You should wear comfortable footwear appropriate for brisk exercise on a treadmill (a moving belt you walk on). You will work hard during the test and comfortable clothing will make it easier for you.

How long will my nuclear stress test take?

- This test will take 1.5 to 3 hours to complete.