

Dear \_\_\_\_\_

You have been booked for a **Nuclear Medicine Stress Test of the Heart** by Dr \_\_\_\_\_  
This test is to be performed in the Department of Nuclear Medicine, which is on the first floor of the East Block, and is easily reached through the main entrance of the Alfred Hospital on Commercial Road.

**1. PREPARATION:**

For this test certain preparations are required.

- 1 For 24 hours before this test you should have **NO CAFFEINE CONTAINING FOODS** (Tea, Coffee, Chocolate, Cola, Milo, etc )
2. You may need to stop certain cardiac medications for about 48 hours before the test (see list and instructions on reverse of this sheet).
3. Please bring your list of medications with you on the day of your test.
4. Please bring/wear clothing and shoes that are suitable for vigorous exercise on a bicycle.
5. You may have breakfast, but just a 'light' one with no caffeine- (e.g. toast and juice).

**2. THE STRESS TEST APPOINTMENT:**

Your test will commence at \_\_\_\_\_ on \_\_\_\_\_ the \_\_\_/\_\_\_/\_\_\_.

After arriving, you will have an intravenous line set up, followed first by a period of bicycle exercise. If exercise is not possible a drug can be given to achieve a similar effect to exercise. Immediately following the stress test a scan of your heart will be performed to assess heart response to stress. The initial part of your test will take approximately 1 - 1 1/2 hours.

After the stress heart scan has been reviewed, you will almost certainly need a follow-up scan to assess how the heart responds to a period of rest. This is done 3-5 hours later and takes about 45 minutes. In the intervening time you do not have to wait in the Department, you are free to do as you wish.

The radioisotope used is usually Thallium and is quite expensive and cannot keep. Therefore, if you are unable to keep your appointment for any reason, please contact this department so we can arrange another patient to have this test in your place.

If your doctor has given you a letter of referral, please be sure to bring it with you, as we cannot do the test without a referral.

**PARKING** is available in the underground Visitor Car Park accessible from **Centre Lane** running off Commercial Road. Bring your ticket to the Department and it will be validated, allowing you free parking. Do not worry if you are running late if this car park is full. Additional parking information is available on back of this page. When you have read these instructions, **please phone 9076-2432 to confirm** that you have received them, and to clarify any points on which you may be unclear.

Yours sincerely,

**Victor KALFF MB, BS, FRACP**  
Director of Nuclear Medicine.

**P.T.O**

**MEDICATIONS TO BE DISCONTINUED PRIOR TO STRESS TEST:**

**STOP FOR 48 HOURS**

GENERIC NAME	BRAND NAME
Atenolol	Noten, Atehexal, Tenormin, Tensig, Anselol
Bisoprolol	Bicor, Bispro
Carvedilol	Dilatrend, Dilasig, Kredex, Vedilol
Metoprolol	Betaloc, Minax, Metohexal, Toprol-XL, Lopresor, Metrol
Oxprenolol	Corbeton
Propranolol	Inderal, Deralin
Sotalol	Sotacor, Cardol, Solavert, Sotahexal
Verapamil	Isoptin
Pindolol	Barblock, Visken
Timolol	

All of the above medications can sometimes interfere with the test, requiring a change in the way it should be performed. **If you are taking any of these medications, could you please check with your own Doctor whether, in your case, it would be safe to stop these tablets before the test.**

PLEASE **KEEP TAKING** ANY OF YOUR TABLETS WHICH ARE **NOT** ON THE ABOVE LIST.

You may bring any medications you have stopped prior to the test, so that you may take them after your initial test.

**ADDITIONAL PARKING INFORMATION:**

If possible have someone, a relative or friend, drop you off at the front entrance to the Alfred Hospital. You can go to Nuclear Medicine whilst the driver finds a car park.

**CAR PARKING & PUBLIC TRANSPORT GUIDE TO THE ALFRED**

