



## INSTRUCTIONS FOR CLOTHING:

1. NO METAL is to be worn between the neckline and the waistline. This restriction includes, but is not limited to: NO metal buttons, NO necklaces/chains, NO underwire bras, NO pins, or similar jewelry.
2. You will have EKG leads connected to your chest for the stress portion of the test, and we will need access to your arms. Please wear a button-down shirt or blouse, or a tee shirt, preferably one that is short sleeved. NO dresses please.
3. If you are doing a treadmill stress test, please wear a comfortable pair of shoes suitable to exercise in.
4. The state-of-the-art equipment requires that the room temperature be maintained at a constant 70 degrees, so please bring a jacket or a sweater. Blankets will also be available.

## GENERAL INFORMATION:

1. The "resting" portion of the test will take approximately 2 hours. This includes the time for an injection, a meal, and the pictures we take after eating.
2. The "stress" portion of the treadmill stress takes approximately 1  $\frac{1}{2}$  hours. This includes the time for the actual stress, a waiting period during which you will drink liquids, and the time for pictures after having the fluids.
3. The "stress" portion of the Adenosine or Dobutamine test takes approximately 2  $\frac{1}{2}$  hours. This includes time for the actual stress, a break for a meal, and the pictures we take after eating.
4. The MUGA exam takes approximately 45 minutes. This includes time to start an IV through which you will receive two injections, have a brief wait, and then take pictures.
5. A nuclear medicine dose is ordered specifically for you the day before the test. The dose is specifically for your test, has a limited life, and is costly. If it becomes necessary for you to cancel or change your scheduled appointment, please do so 24 hours prior to your appointment time.

Daytona Heart Group is pleased to provide our patients with cardiac nuclear medicine testing utilizing state-of-the-art equipment and technology. Your test will be performed and monitored by professional, high-skilled, and experienced members of the Daytona Heart Group staff.

The Nuclear Medicine Staff will gladly answer all questions that you may have before, during, and after your test. We look forward to providing you with a positive experience at the time of your test with your health and well-being as our priority.

So, RELAX, and leave the stress to us!!!