



PATIENT CONSENT FOR NUCLEAR STRESS TEST

You have been referred by your doctor to undergo a stress test to help evaluate and manage a suspected heart condition. The results of this test will enable your doctor to plan an appropriate treatment strategy.

To continue with testing, you must not have had any caffeine products (regular OR decaf, including: coffee, tea, soda, and chocolate) for at least 12 hours, and nothing to eat for the last 4 hours.

An IV will be placed in an upper extremity to administer medications throughout the test. You will first be given a small dose of a radioactive imaging agent (Myoview) and will sit in the waiting area for at least 30 minutes until your scan time. After the first images are acquired, either an exercise or pharmaceutical stress test will be conducted depending on your physician's order. You will be given a second dose of the imaging agent during the stress portion of the test. Once the stress has been completed, you will be placed back into the waiting area to have caffeine and a snack prior to the last set of images.

Exercise Stress The treadmill will begin at a slow pace and low incline. Every 3 minutes there will be an increase in speed and incline. Once you reach the target heart rate for your age or reproduction of symptoms, you will receive the second dose of the imaging agent and will be instructed to walk for at least one more minute post injection. If you are unable to reach your target heart rate for any reason, a pharmaceutical stress test will be conducted.

Pharmaceutical Stress Regadenoson is the stress medication used for this test. It is a fast-acting vasodilator used to simulate physical exercise that may cause sensations of shortness of breath, tightness or pressure in the chest, abdominal cramping, nausea, dizziness, pressure in the back or limbs, flushing, palpitations, and/or headache. These symptoms typically last for about 2 minutes but can last slightly longer for some individuals. Caffeine is the natural reversal for these symptoms. While symptoms are often very short, a reversal medication is available for more severe or prolonged symptoms.

Stress Monitoring There will be continuous monitoring of your heart rhythm (EKG), heart rate, blood pressure, and possibly oxygen saturation level during the stress test. Severe complications such as heart attacks are extremely rare. Disturbances of the heart rhythm, abnormal blood pressure response, feeling faint, and irregular or rapid heartbeat are possible, but very short-lasting. Every effort will be made to minimize the risks and side effects by the stress monitor, nuclear technologist, and the physician present during the test. Furthermore, antidote medication (to counteract side effects) and emergency equipment and personnel are available to aid in any unusual situations which may arise.

FEMALE PATIENTS - PREGNANCY DISCLOSURE

LMP _____ Currently Breastfeeding Negative Pregnancy Test Date _____
 Tubal Ligation Hysterectomy Post-Menopausal

For the reason(s) checked above, I, _____ certify that I am ***not*** pregnant.
(Patient Signature)

PATIENT ACKNOWLEDGEMENT

I certify that I have read and fully understand the test that will be performed, and my questions and concerns have been addressed by the physicians or their representative responsible for this test.

I, _____ consent to the performance of this study.
(Print Name)

Signature: _____
(Patient or Person Authorized to Consent for the Patient)

Date: _____

Witness: _____

Physician: _____