

STRESS TEST ORDER FORM –

Ordered by Doctor _____

Patient Name

MRN or Date of Birth

Weight (lbs)

Test date _____

Test Time _____

What is a stress test?

During a stress test, the patient's heart rhythm is monitored first by a regular EKG. Then, while walking on a treadmill and during recovery, the patient's blood pressure and pulse rate are monitored by a special electrocardiogram hook-up to the treadmill. If you can't walk on the treadmill you will receive a medication that works similar to exercising your heart. Some stress tests are coordinated with the Nuclear Medicine Department during which a heparin lock is placed in the hand or arm through which a radioactive tracer is injected and a Nuclear scan/picture is taken.

INDICATION

- Previous abnormal EKG (794.31)
- A-Fibrillation/A-Flutter (427.31)
- Angina Pectoris (413.9)
- Arrhythmias (427.9)
- Eval. Coronary Artery Disease (414.00)
- Syncope (780.2)
- Previous abnormal stress test (794.30)
- Chest pain (786.50)
- Dizziness (780.4)
- SOB on exertion (786.05)
- Hypertension (401.9)
- Prev/recovering myocardial infar (412)
- Other

*if this is pre-operative stress test, other Indication must be checked

TYPE OF TEST ORDERED

>>EXERCISE STRESS TESTS:

- Regular Treadmill Stress Test** (no Nuclear) 93017
(imaging – must have normal EKG)

- Treadmill Nuclear Stress Test (78452)**
 with wall motion & ejection fraction

(LEXISCAN – pharmacologic agent may be administered on the treadmill if the patient does not achieve target heart rate). **The doctor at her discretion will add a pharmacologic agent to the testing to improve sensitivity, if patient is unable to walk.**

>>PHARMACOLOGIC STRESS TESTS:

- Reserved for patients who are unable to walk.**

PATIENT DIRECTIONS –

Medications: Please see your physician regarding your medications prior to procedure.

Please note: Patients must not be pregnant for tests with Nuclear Medicine. If you have young children and are having a nuclear stress test, please discuss with your physician.

>Dress comfortably – with tennis shoes for treadmill. Do not use body oils, lotions or powders.

> Do not eat or drink 2 hours prior to your test.

> No caffeine products 24 hrs prior to the test, (including chocolate or caffeine free products).

> Do not take your beta blocker or calcium channel blocker (metoprolol, atenolol, Diltiazem, Coreg, labetalol) or nitrates (unless requested by your physician) for **24 hrs. prior to the test.**

>Discontinue all theophyllines at least 24 hrs prior at the direction of your physician.

>Bring all current medications and/or a list with you. Pts with asthma or emphysema should bring their inhalers.

