

---

---

**B.V. CHANDRAMOULI, M.D., M.P.H., F.A.C.C., F.S.C.A.I.**  
SPECIALIZING IN CARDIOVASCULAR DISEASES  
INTERVENTIONAL CARDIOLOGY

---

---

## CARDIAC CATHERIZATION

You are scheduled for a **CARDIAC CATHERIZATION**, ( also known as a heart cath or angiogram). This is a diagnostic procedure done to evaluate you coronary arteries to find out if there is any blockage, which left untreated could cause a heart attack. It only takes a short time and the doctor will discuss the findings with you and answer any questions you may have.

### **INSTRUCTIONS:**

If you are on a blood thinner, stop Coumadin/Warfarin 5 days prior to procedure. If you are on Eliquis, Xeralto or Pradaxa stop 3 days prior to procedure.

You are not to have anything to eat or drink after midnight. You may have sips of water.

You will need to check in at the Admitting dept at Shasta Regional Medical center at: \_\_\_\_\_ on \_\_\_\_\_.

You may be required to spend the night in the hospital . We recommend you bring an overnight bag.

### **PLEASE COME BY THE OFFICE THE DAY PRIOR:**

Come by anytime, you will then go to the hospital to pre-register and get lab work done.

---

---

DIPLOMAT, SUBSPECIALTY BOARD OF CARDIOVASCULAR DISEASE  
DIPLOMAT, SUBSPECIALTY BOARD OF INTERVENTIONAL CARDIOLOGY  
FELLOW OF AMERICAN COLLEGE OF CARDIOLOGY  
FELLOW OF THE SOCIETY FOR CARDIOVASCULAR ANGIOGRAPHY AND INTERVENTIONS

B.V. CHANDRAMOULI, M.D., INC.  
1555 East Street, Suite 100, Redding, CA 96001  
Phone: (530) 244-4471 Fax: (530) 244-1407

**BV Chandramouli, M.D., MPH, FACC, FSCAI**  
Board Certified in Cardiology and Interventional Cardiology

---

**Nuclear Stress Test**

**PLEASE READ THESE INSTRUCTIONS CAREFULLY AND CALL IF YOU HAVE ANY QUESTIONS (530)244-4471 (800)564-4471**

- **NO caffeine, decaf, or chocolate for 24 hours** (this includes coffee, decaffeinated coffee, tea, cola, chocolate, and other caffeinated products).
- **NO medication called BETA BLOCKER for 24 hours** unless instructed otherwise by your doctor; these medications lower your blood pressure and your heart rate which includes **metoprolol** (Toprol/Lopressor), **atenolol** (Tenormin), **carvedilol** (Coreg), **sotalol** (Betapace), **propranolol** (Inderal), **bisoprolol** (Bystolic), **labetalol** and **acebutolol**. Bring these medications with you to your appointment so you can take it after your test.
- **NO food for 4 hours** (nothing to eat and nothing to drink besides water which we would like you to **drink at least 12 oz before your test** unless directed otherwise by your doctor)
- If you have asthma, emphysema, or COPD and use an inhaler or portable oxygen, please bring them with you to your appointment.
- Please wear comfortable clothes without metal snaps or zippers in the chest area and that will give us access to the chest and the stomach area. Please wear closed toed shoes for walking.

**IF YOU HAVE ANY QUESTION PLEASE CALL**

**Your Appointment is on: \_\_\_\_\_ at: \_\_\_\_\_**

When you arrive for your appointment, your technician will start a small IV, through which you will be given a radioactive solution that goes to your heart. There are no symptoms or side effects with this injection.

Shortly after the injection, your heart will be imaged using a SPECT camera, which is similar to a very small CAT scanner. **You must be able to tolerate lying on your back for 17 minutes with your arms over your head**, If you are not able to do so, please contact the office before your appointment. **If you have trouble with small spaces or are claustrophobic, tell your doctor before, so he can prescribe your medication.**

After your first images, you will be hooked up to a stress EKG monitor. **The treadmill will be adjusted to your tolerance and if it is too difficult for you, the test will be performed with a pharmacological agent.**

When your stress test is completed, you will return to the SPECT camera for another 15 minute session. This will complete your Nuclear Stress Test. The average time for the procedure is 2 hrs, but it could possibly be shorter or it could take longer if the Doctor is delayed.

**Cancellation: Office policy requires a 24 hour notice in advance if you cannot make your appointment. If you cancel without 24 hours notice, you will be charged \$320.00 towards the expense of the Isotope.** The radioactive solution used for testing is highly expensive and is ordered specifically for you.

**IF YOU HAVE ANY QUESTIONS PLEASE CALL**