

What You Should Know About Your Upcoming Procedure:

NUCLEAR STRESS TEST

Your specific nuclear procedure is:



From Your Friends At



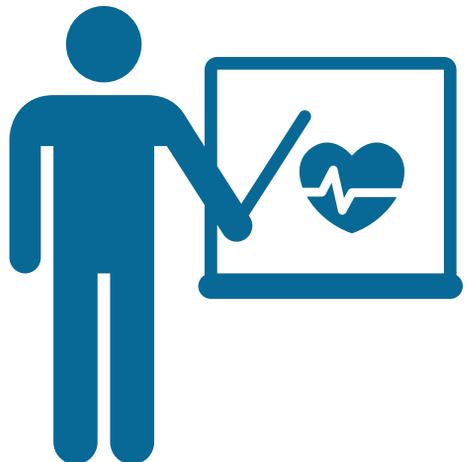
What is a Nuclear Stress Test?

There are two kinds of Nuclear Stress Tests:

- one that is used in conjunction with exercise (treadmill)
- one that is used in conjunction with medication (lexiscan).

A Nuclear Stress test is used to find out if there is significant blockage of blood supply to the heart (coronary artery disease). In this test, the doctor is looking at the heart muscle and the amount of radioactive material picked up by the heart. This test gives the doctors a good idea of what is going on in your heart.

The Nuclear Stress Test is a safe, noninvasive diagnostic procedure that uses small amounts of radioactive material to create images of your body's internal organs and structures.



What Does The Machine For This Test Look Like? How Does It Work?

ARM REST

During the nuclear stress test, you will recline on the Patient Chair with your arms resting on the arm rest

DETECTORS

During the exam, the detector will move close to your chest and rotate for approximately 20 minutes

PATIENT CHAIR



I'm Ready to Schedule My Appointment. How Do I Set Up My Nuclear Stress Test?



1:

Call your insurance company to ensure your scan is covered by your insurance plan before scheduling.



2:

Call our KSB Central Scheduling
815-284-5700
Mon.-Fri.: 7:00 AM – 5:00 PM



Stress Lab Staff will call you to confirm your scheduled time the day before your test.
Test Time lasts for up to 4-6 hours.

If you must cancel your test, please notify us the DAY BEFORE your exam by 5:00 p.m.

by calling KSB Central Scheduling at 815-284-5700 so the nuclear delivery may be stopped! If you are canceling your stress test after 7:00p.m. please call the KSB Switchboard at 815-288-5531

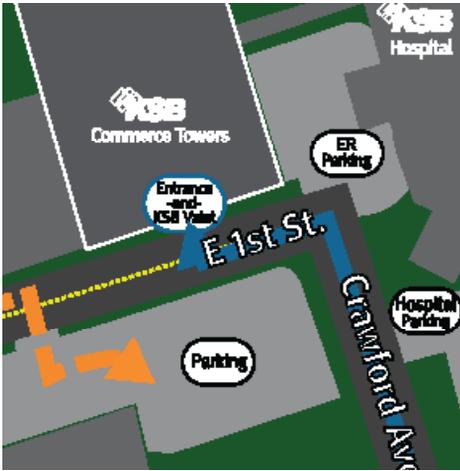
Many of our tests require pre-authorization from your insurance company before the test is performed. Therefore, our KSB Insurance Specialist will insure that is taken care of for you.

With that being said, we encourage you to call your insurance company to ensure your scan is covered by your insurance plan before scheduling.

If you have any questions regarding the scheduling or insurance process please call Central Scheduling: 815-284-5700.

COMMERCE TOWERS

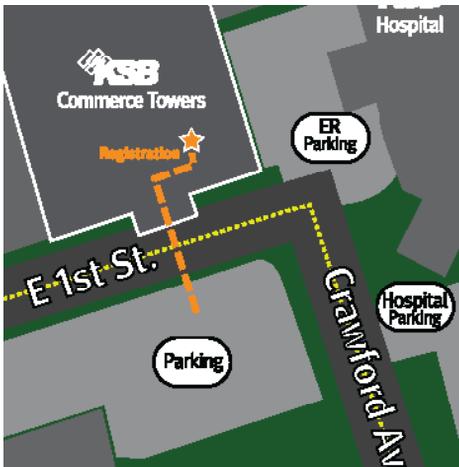
Where Do I Park?



KSB Commerce Towers 215 East First Street Dixon, IL 61021

- Use Commerce Towers free Valet Service at the main entrance during the hours of 8 am - 5 pm.
- If you are parking on your own, the entrance to this lot is located across from Commerce Towers.

Where Do I Go?



★ Registration

- Registration opens at 5:50 a.m. and can be accessed just inside the main entrance of Commerce Towers.
- After registration, proceed to the second floor, Suite 216 and **have a seat in the waiting area.**

Please arrive at least 15 minutes before your appointment.

Some exams may require you to arrive even earlier.

Your health care provider or KSB scheduling will specify this for you.

Are There Any Things I Should or Shouldn't Do Before My Test?

The Day Before Your Test:



After 6:00 p.m. : No caffeine (including but not limited to tea, coffee, decaffeinated coffee and chocolate)



After 6:00 p.m. : No caffeine containing drugs (including but not limited to Anacin, Excedrin and Theophylline)



After 12:00 a.m. : Do not eat and drink **except water.**



Please shower the night before or the morning of your Stress Test.

On The Day Of Your Test:



Do not take your morning medication. Please bring it with you in a small container. We will instruct you when you are able to take it.



Bring your **Inhalers** with you.



Bring your **insulin and glucose monitor**, if you are Diabetic.



Wear comfortable clothes and walking shoes, no sandals. **A bra is required for women.** It is also recommended to bring a sweater.



Do not wear jewelry, or any other metal, including **shirts with metal buttons or snaps, or bedazzling.**



Please bring along a Photo ID and your Insurance Card for the Registration process.



This test can take up to 6 hours, with frequent down time. Our waiting areas have television, newspapers, and magazines, however you can also bring along a quiet activity to pass the time during the pre-scan process.

What is Going To Happen During The Procedure?



This procedure lasts 4-6 hours

1. You will be brought into the Stress Lab Room to sign the consent form, review your history, and to establish an IV line in your arm or hand.
2. The nuclear technologist will then inject a small amount of radioactive material called a “tracer” in the IV line.



60 minutes must pass for the tracer to circulate. We will offer you water and caffeine -free soda to help circulate the tracer while you wait.

3. After an hour, you will lie on an imaging chair or table with your arms above your head. A camera moves around your body taking pictures of your heart. These images are called **Rest Pictures**.



Step 3 takes approximately 20 minutes



It is important to lie very still and to breathe normal.

4. The technologist will determine if your images are of diagnostic quality for the Cardiologist to read. If the images are not of Cardiologist standards, we will let the tracer circulate for another hour and rescan.

- Next, we will place electrodes on your chest to monitor your heart rhythm. Blood pressures will be taken periodically throughout the test. You will be monitored throughout the procedure.
- A small amount of tracer will be given again thru the IV line.



60-90 minutes must pass before your stress pictures. During this time you are welcome to take your morning medication with a snack from the KSB cafeteria, or we will provide you with granola bars.

- After an hour, you will once again lie on an imaging chair or table with your arms above your head. A camera moves around your body taking pictures of your heart. These images are called **Stress Pictures**.



Step 7 takes approximately 20 minutes



It is important to lie very still and to breathe normal.

The technologist will determine if your images are of diagnostic quality for the Cardiologist to read. If the images are not of Cardiologist standards, we will let the tracer circulate for another hour and rescan.

**After the Final Scan, your test is complete and all restrictions are removed.
You may return to your normal daily routine.**

What Happens to My Exam Results?

The Cardiologist will interpret your exam and produce a report which will be sent to your ordering provider.

If there are any critical findings, the Cardiologist will call your ordering provider immediately.

You can expect to hear the results of your test from the ordering provider's office within a week.

You will be informed of your results whether there are critical findings or not, expect a call either way.

How Do I Get Exam Results To My Outside Provider?

If you are referred to a provider outside of KSB, that provider may request the imaging that was done to be sent to him/her. In some cases, the provider can be sent the images electronically through the network. In other cases, the provider may ask that you bring a CD with the images.

If you need a CD of images created...

call KSB Health Info. Management Services Department: 815-285-5925
or call KSB Medical Imaging Department: 815-285-5597

These copies will be prepared for you to pick up in
the Outpatient Waiting Room desk at KSB Hospital,
Hours are Mon.-Fri., 6:00 AM – 6:00 PM.

You may also just stop in and they will arrange for the CD to be created while you are here, though calling ahead will insure that it is ready when you get here.

KSB Health Information Management Services Department is located in
downtown Dixon at 102 S. Galena Avenue.

Who Do I Call at KSB If I Have A Question, Compliment or Concern?

Our Patient Advocate Department director, Andrea Cook, is available to listen and assist you if you have any questions, compliments or concerns.

Call: 815-285-5525 hours are Mon. - Fri. 8:00 AM - 4:30 PM

Email: acook@ksbhospital.com

You may also write to this address:

Patient Advocate Department Director
KSB Hospital
403 E. First street
Dixon, IL 61021

At KSB Hospital, we strive to provide the best patient experience possible. We prefer to resolve your concern immediately, so please feel free to call.

What is a Patient Satisfaction Survey?

After your exam, you may be asked to help us maintain our high standards of care through our Patient Satisfaction Survey. Patient Satisfaction Surveys are administered via email or text by our partner, Press Ganey.

We ask that you please provide honest feedback, as all surveys are anonymous.

Your responses will assist us in understanding how we can better serve you.

How Does Billing Work?

The process and time frame of receiving a bill for services depends upon your insurance coverage and your insurance carrier. You will not receive a bill until the primary insurance company has processed the KSB claim for the services provided. At that point, you may receive a bill from KSB for your responsibility of the bill. As a general rule, you can expect a bill from KSB within the time frames listed below. However, each patient bill is unique and may vary.

Medicare	60-90 days after date of service
Medicaid	3 -6 months after date of service
Commercial Insurance	60-90 days after date of service
Self-Pay	30 days after date of service

Patient Advocate representatives are available to assist you with any billing questions.

You may give them a call at (815) 285-4YOU (4968)

They are also available in person on the 1st floor of KSB Hospital located at 403 E. First Street, Dixon, IL 61021.

Available Mon.-Fri., 8:00 AM to 4:30 PM

Bill Payments

Payments can be made online at www.ksbhospital.com/pay-my-bill



www.ksbhospital.com 

403 East First Street, Dixon, IL 61021
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