

Patient Instructions for Nuclear Stress Testing

1. Please arrive 15 minutes prior to your appointment time.
2. **24 hours prior to the study** - Do not have caffeinated/decaffeinated products. These products include chocolate, coffee, tea, soda, etc. Do not smoke or consume alcohol.
3. **4 hours prior to your study** – Do not eat or drink anything except water.
4. Diabetic Patients ONLY: If you will be eating 4 hours prior to the study, please take your diabetes medication. All other diabetic patients should not take their medications. However, bring them with you to your appointment.
5. Bring a list of all your medications that you are taking at the time of the test. Be sure to note the **dose** and **how often** you take each medication. If you are to hold any medications prior to your appointment, bring them with you, as you can take them after the stress portion of the study.
6. Bring or wear comfortable clothing. NO sandals, backless shoes or shirts with metal buttons. Tennis shoes or other rubber soled shoes are preferred to walk on the treadmill.
7. Bring your **Insurance Card(s)**, completed **Referral Form** and **Order** from your physician.

PLEASE DO NOT TAKE THESE MEDICATIONS THE DAY BEFORE AND THE DAY OF YOUR STRESS TEST.

(unless otherwise instructed by your physician)

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|-------------|------------|----------------|-------------|--------------|
| Acebutolol | Carteolol | Kerlone | Pindolol | Verapamil |
| Adalat CC | Cartia XT | Labetalol | Propranolol | Verelan |
| Atenolol | Cartrol | Levatol | Sectral | Viskin |
| Betapace | Carvedilol | Lopressor | Tarka | Zebeta |
| Bisoprolol | Coreg | Metoprolol | Tenormin | Ziac |
| Blocadren | Covera HS | Nadalol | Tenoretic | Sotalol |
| Bystolic | Imdur | Nitroglycerine | Timolide | Toprol XL |
| Calan | Inderal | Normodone | Timolol | Dipyriamole |
| Cardizem Cd | Inderide | Penbutolol | Toprol | Theophylline |
| Carteolol | Isotopin | Persantine | Transate | |

PLEASE REMEMBER...

- Expect to be at the testing site approximately 3 to 4 hours.
- If you are claustrophobic and/or have a problem with being in a restricted environment for any period of time, please consult with your referring physician prior to your appointment.
- In the event you need to reschedule or cancel your appointment, you must give 48 hours' notice to avoid being billed \$150.00.
- If you think you may be pregnant or if you are nursing, please speak with your referring physician prior to your appointment

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