

NUCLEAR STRESS TEST INSTRUCTIONS

This test is designed to help your doctor determine how well the blood is flowing to your heart muscle. With this test, your doctor will be better able to inform you of the possibility of coronary artery disease and overall health of your heart. Follow the instructions below to ensure the best possible test for you.

- 1) The full test will take about **2 ½ to 3 hours**
- 2) Please refrain from eating or drinking **4 hours** prior to the test. **THE ONLY EXCEPTION IS WATER.** Please drink plenty of water to keep yourself well hydrated for the test.
- 3) Please do not smoke or chew tobacco at least **24 hours** prior to test. This includes wearing nicotine replacement patches and chewing nicotine gum. **This is essential.**
- 4) Please do not eat or drink anything with caffeine **24 hours** prior to the test. This includes soda, coffee, tea, aspirin, chocolate and even products that are decaffeinated.
- 5) Please wear comfortable clothing for exercising. Wear tennis or walking shoes with rubber soles. You may wear a loose fitting, button down shirt or t-shirt to exercise in. Please avoid any metal buttons or decoration on the shirt you choose to wear. Please refrain from wearing any lotions, powders or oils on the chest area. Underarm deodorant is allowed.
- 6) Please do not take heart medication as indicated below prior to the test:
 - a. **STOP 48 HOURS PRIOR TO TEST**
Atenolol, Lopressor, Metoprolol, Coreg (Carvedilol), Tenormin, Corgard, Nadolol, Bisoprolol (Ziac), Acebutolol, Osprenolol, Verapamil, Inderal, Propranolol, Inderide, Toprol, Labetalol, Caria XT, Bystolic, Cardizem (Diltiazem)
 - b. **STOP THE DAY OF TEST**
Diuretics (Lasix, HCTZ, DYAzide, Spironolactone), Nitro patches, Isosorbide
- 7) **If you are diabetic and scheduled in the AM,** please do not take your diabetic medications or insulin the morning of the test but please bring a snack and medications with you.
- 8) **If you are diabetic and scheduled in the PM,** you may eat a light breakfast and take medicine 4 hours prior to your appointment. Do not eat lunch and please bring a snack and any afternoon diabetic medications with you to the test.
- 9) **ADENOSINE PATIENTS:** Please inform the doctor and technologist if you take Theodur, Theophylline or Xanthine: or if you have a history of asthma, COPD or other pulmonary problems. Some inhalers can affect the test. Please inform the person scheduling your test if you take inhalers. This needs to be discussed when the appointment is scheduled.
- 10) If the above instructions are not followed & results in the cancellation of you test, you could be charged \$130.50 for the price of the medication.

DATE & TIME OF TEST: _____