

### **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 the overall health of your heart. PLEASE follow the instructions below to ensure the best possible test for you.*

1. The entire test will take approximately 2 ½ - 3 ½ hrs. If you are scheduled for a 2-day test, each day will be about 1 ½ hrs.
2. **NO EATING 4 HOURS BEFORE YOUR TEST! YOU MAY DRINK ONLY WATER.** Please drink plenty of water to keep yourself hydrated for the test.
3. **DO NOT SMOKE OR CHEW TOBACCO 24 HOURS BEFORE YOUR TEST!** This includes wearing nicotine patches and chewing nicotine gum. This is **ESSENTIAL** or your test will be rescheduled!
4. **NO CAFFIENE PRODUCTS 24 HOURS BEFORE YOR TEST!** This includes sodas, coffee, tea, chocolate, full-strength ASA (325 mg) and **ALL DECAFFENATED** products.
5. Wear comfortable clothing. Wear a loose-fitting cotton shirt without metal buttons (**NO DRI FIT OR POLYESTER**). Do not wear turtlenecks or dresses. Wear shoes with rubber soles, (NO sandals, Flip flops, or Crocs). Ladies, please wear a bra, preferably **WITHOUT UNDERWIRE. DO NOT APPLY LOTIONS, POWDERS, OR OILS ANYWHERE ON YOUR BODY.** Underarm deodorant is OK.
6. **IF YOU ARE DIABETIC AND SCHEDULED IN THE MORNING,** do not take your diabetic medications or insulin the morning of the test. Bring your medication with you along with a light snack.  
  
**IF YOU ARE DIABETIC AND SCHEDULED IN THE AFTERNOON,** you may take your medication 4 hours prior to your appointment. Bring your medications and a light snack.
7. **IF YOU TAKE** Theodur, Theophylline, Xanthine, Aminophylline, Aggrenox, Albuterol, ProAir, Advair, Dobutamine, or Persantine, **DO NOT take the morning of exam.** (Please bring these medications to your appointment)
8. **IF YOU TAKE A DIURETIC** (Aldactone, Demadex, Diuril, Furosemide, HCTZ, Lasix, Microzide, Spironolactone, Torsemide, Triamterene) Do not take the morning of the test.
9. **STOP THE FOLLOWING MEDICATIONS THE NIGHT BEFORE/MORNING OF THE TEST:** Acebutolol, Atenolol, Bisoprolol, Bystolic, Carvedilol, Cardizem, Cartia XT, Coreg, Corard, Diltiazem, Inderal, Inderide, Isosorbide, Labetalol, Lopressor, Metoprolol, Nadalol, Propanolol, Tenormin, Verapamil, Ziac (**PLEASE NOTE: If you are not walking on the treadmill or you are currently in AFIB, you will NOT Stop Your Medication**)

**IF THE ABOVE INSTRUCTIONS ARE NOT FOLLOWED AND YOUR TEST HAS TO BE RESCHEDULED, YOU WILL BE CHARGED FOR THE PRICE OF THE NUCLEAR MEDICATION.**

Date & Time of Your Test: \_\_\_\_\_