



## You Are Scheduled To Have a Nuclear Stress Test

Please call the ordering physicians' office if you need to cancel this appointment.

*Failure to cancel at least 24 hours in advance may result in you being charged for the medicine ordered for your test.*

### PATIENT INSTRUCTIONS

- The test will take approximately 3-5 hours to complete
- Nothing to eat for **4 hours** before the test, **you may drink water only!**
- **No caffeine or decaffeinated products 24 hours before the test.** This includes coffee, tea, soft drinks, chocolate; be careful to check for caffeine in medications
- **Do not smoke or use tobacco products, including nicotine patches/gum after midnight the night before the test.**
- **No dairy products for 4 hours before test**
- **No nitroglycerin tablets or patches for 24 hours prior to the test.**
- Hold **isosorbide** for 24 hours before the test
- **Insulin and Diabetic medications should not be taken the morning of the test.**
- **Viagra or Levitra should not be taken 24 hours before the test and Cialis should not be taken 48 hours before test**
- **No aggrenox or dipyridamole 48 hours before the test.**
- **Maxalt and Imitrex should not be taken 24 hours before the test**
  
- \* **Please check with your prescribing physician to see if it is alright with him/her for you to stop any of the following medications during the 24 hours prior to the test:**  
Accurbron, Aquinphyllin, Asmalix, Bronkodyl, Elixomin, Elixophyllin, Neulin, Respid, Slo-phyllim, Slobid, Sustaire, Theo-24, Theobid, Theo-dur, Theolair, Theophylline, Theospar, Theovent, Uniphyll, and any medications containing Persantine or the word "theo".
  
- \* **Please hold your Beta Blockers starting at noon the day prior to your test unless otherwise instructed by your physician**  
These include: Atenolol, Betapace, Bisoprolol, , Cartel, Carvedilol, Coreg, Inderal, Inderal-LA, Kerlone, Levatol, Lopressor, Metoprolol, Normodyne, Sotalol, Ternormin, Toprol-XL, Trandate, Visken, Zebeta. **If you are unsure whether or not you are taking a Beta Blocker please check with your physician.**
  
- **Bring all medications or a complete list of them with you.** We do ask that you bring breathing treatments and diabetic medications with you in case you need them
- You may brush your teeth and use mouthwash the day of your test
- Wear comfortable shoes to exercise in, tennis shoes are great!
- Wear loose, comfortable clothes to exercise in; you will undress from the waist up.  
Ladies, you will have to change into a hospital gown, so pants or a skirt will be ideal!
- **Do not exercise the day of the exam.**

If you have any questions concerning **these** instructions or your test, **please** call our office and ask for the **Nuclear Medicine Department at (251) 433-4700 or (888) 714-3278.**