

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.

DAY _____ DATE _____ TIME _____

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, Uniphyl, 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.**