

PREPARATION FOR 2 DAY DOBUTAMINE STRESS NUCLEAR TEST

Stress Day: Please read all instructions carefully

- **NO FOOD 3-4 hours** prior to testing.
- **DIABETIC PATIENTS** follow normal regimen, but eat light. You may have juice before the test if needed.
- **NO SMOKING OR EXERCISE 8 hours** before testing.
- **NO CAFFEINE 8 hours** prior to testing (this includes colas, chocolate, tea or coffee).
- **You will have an IV started for this procedure.**
- If your test is scheduled in the afternoon, eat a light meal 4-5 hours prior to testing. Please do not fast all day for this test. You may drink water.
- Be prepared to have someone available to drive you home. You may require a medicine during testing that may cause temporary blurred vision.
- Wear loose comfortable clothing (short sleeved shirt/t-shirt and pants/shorts). **NO dresses.**
- If you use inhalers on a regular basis, please bring them with you.
- As a part of this test you will need to eat a snack after the Dobutamine but prior to the second picture of your heart. The snack break is approximately 45-60 minutes. This should to be a minimum of 10 grams of fat (you can bring food from home). Do not eat this food **until** instructed by the nuclear tech. The final images will take approximately 20-30 min.
- **On the day of the stress test, please bring a list with dosages or bottles of your medications (including any supplements or over the counter) your inhaler(s), insurance card(s) and driver's license.**
- Take all of your regularly scheduled **medications** as prescribed **EXCEPT** the medicines listed below. **DO NOT TAKE THESE MEDICINES** (listed below) the day before or the morning of your test.

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|---------------------------|-------------------------------|-----------------------------|
| AMIODARONE | INDERAL (PROPANOLOL) | TENORMIN (ATENOLOL) |
| BETAPACE (SOTALOL) | INDERIDE | TENORETIC |
| BYSTOLIC | INNOPRAN XL | TIAZAC |
| CALAN | ISOPTIN | TIMOLIDE (TIMOLOL) |
| CARDIZEM | MULTAQ | TOPROL XL |
| CARTROL (CARTELOL) | LEVATOL (PENBUTOLOL) | TRANDATE (LABETALOL) |
| COREG (CARVEDILOL) | LOPRESSOR (METOPROLOL) | VERAPAMIL |
| CORGARD (NADOLOL) | NORMODYNE (LABETALOL) | VERELAN |
| CORZIDE (NADOLOL) | RYTHMOL | VISKEN (PINDOLOL) |
| COVERA | SECTRAL (ACEBUTOLOL) | ZEBETA (BISOPROLOL) |
| DILACOR | TARKA | ZIAC |

Resting Day: Please read all instructions carefully

- **NO CAFFEINE 12hours** prior to scheduled time of arrival. (this includes chocolate, colas, coffee or tea).
- **NO FOOD 3-4 hours** prior to scheduled time of arrival.
- **DIABETIC PATIENTS** follow normal regimen, but eat light
- **NO EXERCISE 4 hours** prior to scheduled time of arrival.
- **MEDICATIONS:** Take all routine medications as usual.
- On this day, you will get an injection of the isotope. Again, you will need to eat a snack and have a picture taken of your heart approximately 45-60 minutes later. Do not eat this fatty meal until instructed by the nuclear tech.

Cancellation of either the stress day or the resting day of the above test requires twenty-four (24) hours notice, otherwise there will be a charge to the patient for the cost of the isotope.

Stress day: _____ @ _____ Resting Day
_____ @ _____