

PREPARATION FOR 2 DAY TREADMILL NUCLEAR TEST

Stress Day: Please read all instructions carefully

- **NO FOOD 3-4 hours** prior to testing. If your test is scheduled in the afternoon, eat a light meal 3-4 hours prior to testing. Please do not fast all day for this test. You may drink water.
- **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 12 hours** prior to testing (this includes colas, chocolate, tea or coffee).
- **You will have an IV started for this procedure.**
- Wear loose comfortable clothing (short sleeved shirt/t-shirt and pants/shorts). **NO dresses.**
- Wear tennis shoes or comfortable walking shoes.
- If you use inhalers on a regular basis, please bring them with you.
- **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 night before or the morning of your test.

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 4 hours** prior to scheduled time of arrival (this includes chocolate, colas, coffee, 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.
- As a part of this test, you will need to eat a snack after the isotope injection. 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.

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

Appointment date for stress day: _____ @ _____

Appointment date for resting day: _____ @ _____