

PREPARATION FOR DOBUTAMINE NUCLEAR STRESS TEST

Please read all instructions carefully: Total time of testing 120-180 minutes

- ♥ **NO FOOD 4 hours** prior to testing. You may drink water during this time.
- ♥ **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 and all products labeled decaffeinated or caffeine free**).
- ♥ **You will have an IV started for this procedure.**
- ♥ If your test is scheduled in the afternoon, eat a light meal 4 hours prior to testing. Please do not fast all day for this test.
- ♥ 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. Also, bring dark sunglasses with you. Your eyes may be light sensitive after the test.**
- ♥ Take all of your regularly scheduled **medications** as prescribed **EXCEPT** the medicines listed below. **DO NOT TAKE THESE MEDICINES** (listed below) the morning of your test.

BYSTOLIC	COVERA	MULTAQ	TIMOLIDE (TIMOLOL)
BLOCARDEN (TIMOLOL)	DILACOR	LOPRESSOR (METAPROLOL)	TOPROL XL
CALAN	INDERAL (PROPANOLOL)	NORMODYNE (LABETALOL)	TRANDATE (LABETALOL)
CARDIZEM (DILTIAZEM)	INDERIDE	SECTRAL (ACEBUTOLOL)	VERAPAMIL
CARTROL (CARTELOL)	INNOPRAN XL	TARKA	VERELAN
COREG (CARVEDILOL)	ISOPTIN	TENORMIN (ATENOLOL)	VISKEN (PINDOLOL)
CORGARD (NADOLOL)	ISOSORBIDE	TENORETIC	ZEBETA (BISOPROLOL)
CORZIDE (NADOLOL)	KERLONE	TIAZAC	ZIAC

Cancellation of a nuclear 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: _____ Time: _____