

PREPARATION FOR TREADMILL NUCLEAR STRESS TEST

Please read all instructions carefully: Total time of testing 90-120 minutes

- ♥ **NO FOOD 3-4 hours** prior to testing. You may drink **water** during this time. 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.
- ♥ **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.**
- ♥ 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.

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: _____