

## EXERCISE NUCLEAR STRESS TEST INSTRUCTIONS

Appointment Date: \_\_\_\_\_ @ \_\_\_\_\_ AM PM

Failure to comply with these instructions can result in your test being cancelled and you being charged \$125.

Here's what you need to do to prepare for this test:

1. **Please let us know at least 24 hours in advance if you are claustrophobic, weigh more than 400 lbs, are wheelchair bound, or otherwise non-ambulatory.** We will help you schedule your test at another facility that can better accommodate your needs.
2. Please allow approximately 3 hours for this test.
3. **NO CAFFEINATED PRODUCTS FOR 12 HOURS PRIOR TO YOUR TEST.**
  - This includes, but is not limited to:
    - \* Coffee: both regular and decaf
    - \* Tea (hot or iced)
    - \* Pop
    - \* Chocolate
    - \* Medications containing caffeine, such as over the counter PMS and some headache medications.
4. **NOTHING TO EAT OR DRINK FOR 3 HOURS PRIOR TO YOUR TEST.**
  - You may have water.
5. No tobacco products the day of your test.
6. Please wear a loose fitting or short sleeved shirt that allows access to your arms for blood pressures and an IV.
7. Do not use powders, lotions, or oils on your chest the day of the test (underarm deodorant is allowed).
8. Please bring a list of ALL current medications with you on the day of the test.
9. Please **DO NOT** stop any medications unless your doctor has instructed you to do so **OR** they are listed below.

**STOP THE FOLLOWING MEDICATIONS AT LEAST 24 HOURS PRIOR TO YOUR TEST:**

**Beta Blockers:**

Acebutolol	Atenolol	Betaxolol	Betapace	Bisoprolol
Blocadren	Carvedilol	Coreg	Corgard	Corzide
Bystolic	Inderal	Inderide	Innopran	Labetalol
Lopressor	Metoprolol	Nadolol	Nebivolol	Normodyne
Pindolol	Propranolol	Sectral	Sotalol	Tenoretic
Tenormin	Timolide	Timolol	Toprol	Toprol XL
Visken	Zebeta	Ziac		

**Nitrates:**

Imdur	Ismo	Isordil	Isosorbide	Monoket
Nitrobid	Nitrodur	Nitrostat		

10. If you are a Diabetic:
  - AM appointment – Hold your diabetic medication until after your test (unless you are up early enough to eat 3 hours prior to your test).
  - PM appointment – Take your diabetic medication with your breakfast.