

NUCLEAR STRESS TEST INSTRUCTIONS

IMPORTANT: Please *CAREFULLY* read and comply with all instructions in order to avoid rescheduling.
(Check with your cardiologist regarding all medication)

24 HOURS BEFORE YOUR TEST

- **NO** coffee or tea of any kind
- **NO** decaffeinated coffee, tea of any kind, including herbal tea
- **NO** colas or soft drinks including those labeled caffeine free
- **NO** chocolate (candy, cakes, pies, cocoa, white chocolate, etc.)
- **NO** Anacin, Excedrin, or any other aspirin products containing caffeine
- **NO** Theophylline type medications
- **NO** smoking, all vaping, etc.
- **NO** beta blockers or calcium channel blockers (**unless otherwise instructed by your physician**)

THE DAY OF THE TEST

- Nothing to eat or drink **4 HOURS** before the test. You **MAY** drink water in any amount.
- Please wash chest area and avoid any oil, lotion, powder, and perfumes.
- Wear comfortable shoes and clothes for exercising on a treadmill (laced athletic shoes). Avoid wearing dresses or one-piece jumpsuits. **NOTE:** Exam area tends to be cold. You may want to bring a sweater or blanket.
- Bring a current list of medication and dosages.
- If you are diabetic, please talk to your ordering physician about restrictions.
- Bring a small snack (**high fat**) and water to your appointment to be eaten between the exercise stress and imaging procedure. Examples include bagel and cream cheese, peanut butter crackers, shake or anything that contains high fat.
- Bring your scheduled cardiac medication with you, to take as directed by the technician after the test.
- If you have asthma, bring your inhaler with you.
- For LEXISCAN ONLY, please bring a caffeinated beverage to drink after the test.

PLEASE ALLOW 3 HOURS TO COMPLETE TEST

FOR RADIATION SAFETY REASONS, ONLY PATIENTS ARE PERMITTED IN THE TESTING AREA.

IMPORTANT NOTICES

****24 HOUR NOTICE** is required for all cancellations; you will be charged a cancellation fee and for the cost of the tracer. In the event you fail to follow instructions, your test may be cancelled, and fees applied.

Scans on pregnant patients will not be performed. All female patients who are neither post-menopausal nor surgically sterile will require verification of pregnancy status before appointment time.

If you are going through a secure location, i.e., airports or government buildings, within 72 hours after testing, please inform technologist and he/she will provide you with appropriate documentation.

MEDICATION WITHHOLD LIST FOR STRESS TEST PROCEDURES

Please hold any medication listed below **24 hours prior** to your scheduled stress test.
(check with cardiologist in any concerns regarding medication)

BETA BLOCKERS

<u>Generic Name</u>	<u>Brand Name</u>
Acebutolol	Sectral
Atenolol	Tenormin
Betaxolol	Kerlone, Betoptic
Bisoprolol	Zebeta
Cartelol	Ocupress
Carvedilol	Coreg, Coreg CR
Esmolol	Brevibloc
Labetalol	Trandate
Levobunolol	Betagan
Metipranolol	OptiPranolol
Metoprolol	Lopressor, Trop-XL
Nadolol	Corgard
Nebivolol	Bystolic
Penbutolol	Levatol
Pindolol	Visken
Propranolol	Inderal, Inderal LA InnoPran XL
Sotalol	Betapace, Sorine
Timolol	Betimol, Blocardren, Isatlol, Timoptic
Verapamil	CA/AN, Isoptin
Diltiazem	Tiazac

****DR GILBERT PATIENTS:
DO NOT STOP BETA BLOCKERS**

**** DR. ACHEATEL PATIENTS:
STOP BETA BLOCKERS FOR EXERCISE
STRESS TESTS ONLY**

NITRATES

<u>Generic Name</u>	<u>Brand Name</u>
Isosorbide Dinitrate	Dilatrate, Isordil
Isosorbide Mononitrate	ISMO
Nitroglycerin	Nitro-Dur, Nitrolingual, Nitrostat

PHOSPHODIESTERASE INHIBITORS

Non-Selective

<u>Generic Name</u>
Aggrenox
Aminophylline
Caffeine
Praxanthine
Theobromine
Theophylline
Xantheose

PDE5 Selective Inhibitors

<u>Generic Name</u>	<u>Brand Name</u>
Sildenafil	Viagra
Tadalafil	Cialis
Vardenafil	Levitra
Udenafil	Zydena
Avanafil	Stendra