



NUCLEAR STRESS TEST

PREPARATION

- **Nothing to eat 4 hours prior to exam.**
- **No caffeine or decaffeinated products (example: chocolate, tea, coffee, etc) for 24 hours prior to the test.**
- **PLEASE DRINK WATER up until your appointment time. Drinking water is encouraged especially if your veins are hard to find, as we must place an IV to inject the imaging agent.**
- **CLOTHING:** Wear two-piece, loose fitting clothing and rubber-soled walking or running shoes that are comfortable for exercising.
- **DO NOT USE** bath oils, lotions, or powders on the morning of the test. You may use deodorant.
- **MEDICATIONS:** Please refer to the bottom of this form (page 2) for further instructions regarding your medications. **Diabetic patients** should **NOT** take their usual morning diabetic medications.
- **NOTE:** If you have **Asthma** or **Emphysema**, and use an inhaler, please bring it with you and notify our technologist at the time of your test.
- **INSURANCE:** If you covered by an insurance plan that requires a referral from a primary care physician, please make those arrangements prior to your visit.
- **Please bring a snack/lunch that is high in fat** (cheese/crackers, peanut butter sandwich, etc.)

BRIEF EXPLANATION OF SEQUENCE OF TEST

- IV will be inserted in arm or hand, and Isotope used for imaging will be injected using IV site.
- Resting images will be taken.
- Stress test will be performed using a treadmill or IV medications (during this time, you will receive a second injection of isotope).
- BREAK (30 – 45 minutes) – You will be able to eat and drink without limitations; and take any medications skipped during this time. **Please bring a snack/lunch that is high in fat to eat.**
- **PLEASE DO NOT LEAVE** the facility during your break, ensuring testing completed on time.
- After the break to eat, stress images will be taken. The technologist will let you know the time to return for these images. Two sets of images may be obtained.
- Be prepared to spend a total of 2 – 3.5 hours for completion of the entire test.

IMAGING MEDICATION

The time-sensitive isotope is ordered specifically for each patient the day BEFORE the test, and according to their scheduled time. ***If the patient does not cancel their scheduled appointment at least 24 hours prior to the test, you may be billed for the two isotope doses.***

QUESTIONS/CONCERNS

You will be contacted prior to your test to confirm your appointment time. Any questions or concerns you may have can be answered at that time or you may our office at **972-985-8838**.

Thank you for your time, patience and cooperation!

Please refer to page 2 for your medication instructions.



Unless otherwise instructed by your physician:

DO NOT take the following medications the evening before or day of your test, but **DO** bring them with you:

Beta Blockers:

Most Common:

Atenolol
Bisoprolol
Carvedilol
Coreg
Inderal
Lopressor
Metoprolol
Propranolol
Toprol
Zebeta
Bystolic
Nebivolol

Less Common:

Acebutolol
Betaxolol
Blocadren
Corgard
InnoPran XL
Kerlone
Nadolol
Sectral
Tenormin

Calcium Channel Blockers:

Most Common:

Cardizem
Calan (SR)
Covera HS
Diltiazem
Isoptin SR
Tiazac
Verapamil
Verelan (PM)