



NUCLEAR STRESS TEST
PRE & POST
INSTRUCTIONS

OUR OFFICE MUST ORDER AND PURCHASE RADIOPHARMACEUTICAL AGENTS IN ADVANCE SO THAT WE MAY PERFORM YOUR TEST, THEREFORE, **IF YOU NEED TO RESCHEDULE OR CANCEL YOUR APPOINTMENT YOU MUST NOTIFY US BY CALLING (941) 744-1200 AT LEAST TWO (2) OFFICE DAYS PRIOR TO YOUR SCHEDULED APPOINTMENT.**

FAILURE TO PROVIDE PROPER NOTICE OF CANCELLATION WILL RESULT IN A \$200.00 FEE TO COVER THE COST OF RADIOPHARMACEUTICALS ORDERED ON YOUR BEHALF.

PATIENT INSTRUCTIONS FOR TEST:

1. Do not eat or drink anything, except water, for at least six (6) hours prior to your test.
2. You are advised to bring a drink and a snack/lunch, which can be eaten after the stress portion of your test (the nuclear technologist will advise once it is okay to eat).
3. Please wear comfortable clothes (short sleeves, button down shirt or blouse) and comfortable walking shoes (appropriate for brisk exercise on a treadmill).
4. Do not apply creams, lotions, powder to your chest area on the day of your test.
5. If you have a history of wheezing, asthma or chronic lung disease, please contact our office for specific instructions
6. If you are diabetic and are scheduled for a stress test, please eat a light meal four (4) hours prior to the test; take your diabetes medications as usual. You may bring a snack with you.
7. Refrain from products containing caffeine for twenty-four (24) hours prior to your stress test. Please review the list below for products containing caffeine:

Beverages: Coffee (regular or decaffeinated); Soda (regular and caffeine-free); Tea (Brewed, iced, or instant); Cocoa

Foods: Chocolate (candy, cake, pudding, milk or brownies)

Drugs: Fiorcet, Fiorinal, Anacin, Cafegot, Esgic, Excedrin, NoDoz, Norgesic, Vivarin, Wigraine.

8. Do not take any of the following medications for twenty-four (24) hours prior to your test:
Atenolol (Tenormin); Normadyne(Trandate); Metroprolol; Nadolol (Corgard); Lopressor (Toprol); Propranolol (Ibderal); Verapamil (Isoptin, Calan, Covera HS, Verelan OM, Chronovera); Diltazem (Cardizem, Tiazac, Dilacor, Tiamate); Acebutolol; Bystolic
9. Bring your medications or a list of all medications that you are taking.

Appointment Date: _____ Time: _____

YOUR NUCLEAR STRESS TEST WILL TAKE APPROXIMATELY 2-4 HOURS