**PREPARATION INSTRUCTIONS FOR CARDIAC PET SCAN AND STRESS TESTS**

1. Please **AVOID** all **CAFFEINATED AND DECAFFEINATED** products for **24 HOURS PRIOR** to your stress test including but not limited to:
2. Coffee (decaffeinated, brewed, instant, iced, lattes, mochas, etc.)
3. Tea (decaffeinated, brewed, instant, iced, green, etc.)
4. Soda Pop (all types including decaffeinated and caffeine free)
5. Chocolate (Candies, cakes, cookies, pudding, brownies, milks, ice creams, yogurt, Yoohoo, etc.)
6. Energy Drinks (Red Bull, Monster, Rockstar, V8 energy, etc.)
7. Energy Bars
8. Food or drinks containing guarana
9. **DO NOT** eat or drink anything **6 HOURS PRIOR** to your test

* It is ok to take your necessary morning medications with a SIP of water.

1. Certain medications should **NOT** be taken for **24 HOURS PRIOR** to your test, including but not limited to:
2. **Beta Blockers** (metoprolol, Lopressor, Toprol XL, atenolol, Tenormin, carvedilol, Coreg, nebivolol, Bystolic, propranolol, Inderal LA, InnoPran XL, bisoprolol , Zebeta, nadolol, Corgard).
3. **Medications containing caffeine** (Cafergot, ergotamine tartrate & caffeine, butalbital & acetaminophen & caffeine, Fioricet, Fiorinal, orpenadrine & aspirin & caffeine, Norgesic, Norgesic Forte).
4. **Over the Counter Medications containing caffeine** (Anacin, aspirin & caffeine, **Excedrin**, acetaminophen & aspirin & caffeine, Vivarin, NoDoz, Jet Alert).
5. Please notify our office if you are taking Elixophylline, Theo-24, theophylline, Aggrenox, Persantine, or dipyridamole as these medications may need to be held longer than 24 hours.
6. If you use an inhaler or nitroglycerin please bring it with you
7. Please wear loose and comfortable clothing. Ladies please avoid wearing dresses. If you are having an exercise stress test you will need sneakers/tennis shoes.
8. Bring a snack with you such as a piece of fruit, crackers, sandwich, and or granola bar.

**If you have any questions or concerns please feel free to call our office 239-682-6603, a practitioner will be happy to answer them.**