



Nuclear Stress Test Patient Instructions

- **No caffeine for 24 Hours** (This means: Coffee, Tea, Soda, and Chocolate are off-limits. Even if these products say DECAF, you still should not drink or eat them.)
- **You should be FASTING for at least 4 Hours.** This means no food. (You may have water.)
- **Do Not Take the following medication/s on the day of your test:**

(Bring the medication/s listed above with you. Beta Blockers, Ace Inhibitors, Diabetes Meds.)

- **Dress Comfortably.** (Please wear walking shoes and gym clothes.)
- **You may bring a light snack and drink.** (For Example: bottled water, juice and crackers. We will let you know when you can have your snack.)
- **The test will take 2-3 hours to complete.** (Bring anything you may need for that duration of time. For example: medications, a book, a tablet/ cell phone.)
- **AVOID NO SHOW FEES.** We require that you **call the office 24 hours in advance if you need to cancel or reschedule** your stress test. If you NO SHOW, you will be charged a **\$200.00 NO SHOW FEE**. Please make sure you speak to a staff member inside the office. Cancelling with the answering service after hours or when the office is closed is not considered a true cancellation.



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

DO NOT TAKE THE FOLLOWING MEDICATIONS 24 HOURS PRIOR TO YOUR TEST		
Aerolate	Slo-Bid Gryocaps	Theo-Dur
Aggrenox	Slo-Phyllin Grocaps	Theo-Dur Sprinkle
Bronkodyl	Sustaire	Theolair-SR
Constant-T	Theo-24	Theospan SR
Elixophyllin SR	THEobid Duracap	Theovent LA
Persantine (Dipyridamole)	Theobid Jr. Duracap	Trentnl
Quibron-SR	Theoclear LA	Uniphyl
Respid	Theochron	Uniphyl
DO NOT TAKE THE FOLLOWING MEDICATIONS AFTER 12 NOON BEFORE YOUR TEST		
Acebutolol	Diltiazem	Sotalol
Atenolol	Inderal, Inderal LA	Tarka
Betapace	Inderide, Inderide LA	Tenormin
Betaxlol	Isoptin	Tenoretic
Bisoprolol	Kerlone	Tiazac
Blocadrem	Laberalol	Timolol
Bystolic	Levatol	Toprol, Troprol XL
Calan	Lopressor, Lopressor HCT	Trondate
Cardizem	Metoprolol	Verapamil
Cartia	Nadolol	Verelan SR
Carvedilol	Nebivolol	Visken
Coreg	Penbutolol	Zebeta
Corgard	Pindolol	Zinc
Covera	Propanolol	
Dilacor	Sectral	