

NUCLEAR TREADMILL STRESS TEST - INSTRUCTIONS

1. **NO CAFFEINE OR DECAFFEINATED PRODUCTS, including but not limited to coffee, tea, soda, chocolate or excedrin 24 hours prior to exam.**
2. You may take your medications **with the exception** of Beta Blocker and Nitrate Medications. **Do not take Beta Blocker or Nitrate Medications 24 hours prior to the test.**

Beta Blocker Medications include: Acebutolol, Aggrenox, Atenolol, Betapace, Betaxolol, Bisoprolol, Blocadren, Brevibloc, Bystolic, Carteolol, Carteolol Hydrochloride, Cartrol, Carvedilol, Coreg, Coreg CR, Corgard, Corzide, Dipyridamole, Dutoprol, Esmolol, Inderal, Inderal LA, Inderide, InnoPran XL, Kerlone, Labetalol, Levatol, Lopressor, Lopressor HCT, Metoprolol, Nadolol, Nebivolol, Normodyne, Oxprenolol, Penbutolol, Persantine, Pindolol, Propranolol, Sectral, Sotalol, Tenoretic, Tenormin, Timolide, Toprol, Toprol XL, Trandate, Visken, Zebeta, and Ziac.

Nitrate Medications include: Cardilate, Coradur, Deponit, Dilatrate, Erythryl Tetranitrate, Imdur, Ismo, Isordil, Isosorbide, Isosorbide Mononitrate, Minitran, Monoket, Nitrocine, Nitro-Dur, Nitroglycerine, Nitrol, Sorbitrate, and Transderm Nitroglycerin.

3. Please drink plenty of water the day before and the day of the test. You may also want to bring a bottle of cold water with you.
4. **Please arrive 15 minutes** prior to your appointment time to complete check-in.
5. You may have a light breakfast (toast, cereal and juice). **NO CAFFEINE. If you are having an afternoon study you may have a light lunch, NO CAFFEINE. Diabetics may eat and take their diabetic medications without restrictions.**
6. Wear comfortable clothing. **No long sleeves. No dresses. You may want to bring a sweater with you.**
7. Plan to be in our office for 2-3 hours. You may want to bring reading material with you.

About this test: The radioactive tracer is injected through an IV. You will have two nuclear scans. One scan is prior to the treadmill exercise and the other is after the exercise portion of the study. If you have any questions, please call the Nuclear Medicine Department at 623-875-5518. You will be notified of your test results in 7 to 10 business days or at your next appointment with the physician.

***** Cancellations must be made within 24 hours or a \$100.00 fee will be assessed.*****