



## NUCLEAR STRESS TEST INSTRUCTIONS

### EXERCISE ("TREADMILL")

**IMPORTANT: Please CAREFULLY read and comply with all instructions in order to avoid rescheduling.**

#### 24 HOURS BEFORE YOUR TEST

- **NO CAFFEINE:** No coffee or tea of any kind.
- **NO DECAF OF ANY KIND**
- **NO** soda or chocolate
- **NO** medications containing caffeine; Excedrin, Anacin, etc.
- **TAKE** all medications, EXCEPT those listed below: **DO NOT TAKE THE FOLLOWING MEDICATIONS BELOW-**

##### **Beta Blockers:**

Metoprolol/Lopressor/Toprol/Atenolol/Tenormin/Cardvedilol/Coreg/Pindolol/Visken/Bisoprolol/Zebeta/Labetolol/Propranolol/Inderal/Acebutelol/Sectral/Timolol/Blocadren/Nebivolol/Bystolic

##### **Calcium Channel Blockers:**

Diltiazem/Cardizem/Cartia/Taztia/Tiazac/Dilacor/Verapamil/Calan/Verelan/Isoptin

#### THE DAY OF THE TEST

- Nothing to eat or drink 4 **hours before** the test. A small amount of water w/ meds is ok. **Start Fasting at:**
- **If you have diabetes**, please talk with your ordering physician about restrictions.
  - **Take ½ your dose** of insulin the morning of your test. **Bring the remaining dose with you.**
  - **Do NOT take** sugar lowering medications (**Metformin**) until after the test is complete. **Bring in with you.**
- Please wash chest area and avoid oil, lotion, powder and perfume.
- Chest hair can interfere with the placement of the EKG electrodes, please shave your chest prior to your appointment if needed.
- Wear a comfortable two-piece outfit; avoid wearing dresses, jumpsuits or shirts with metallic buttons or zippers on the chest area.
- Wear comfortable walking shoes; you will be walking on the treadmill. **CLOSED TOE SHOES ONLY**
- After stress testing has been completed, you will be able to eat a small snack. Please be sure to bring a small snack.
- Bring your scheduled cardiac medications with you, to take as directed by the Physician after the test.

**ALLOW 3 HOURS TO COMPLETE EXAM: Bring something to occupy your time.**

**\*\* Please be aware that if your BMI is >40, your testing will be split into two days (1.5 hours each day.)**

**\*\* NO smoking will be allowed during the test. It is advised you DO NOT smoke prior to the test.**

**\*\* A \$100 CANCELLATION FEE WILL BE INCURRED IF YOU DO NOT COMPLY WITH THE INSTRUCTIONS ABOVE, OR CANCEL YOUR APPOINTMENT WITHIN 2 BUSINESS DAYS. IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, PLEASE CALL 480-699-5536 TO RESCHEDULE.**

**By signing, I agree to the above instructions and cancellation fee policy:**

Printed Named: \_\_\_\_\_

Signature: \_\_\_\_\_

Date \_\_\_\_\_