

CARDIAC CARE CONSULTANTS
NUCLEAR STRESS STUDY - TEST INSTRUCTIONS

Patient: _____

Outlined below is a list of your appointments:

Time	Date	Location	With
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1. You may take your medications **with the exception** of Beta Blocker and Calcium Channel Blocker medications. **Do not take Beta Blocker medications 24 hours prior to the test.** (Examples of Beta Blockers: Atenolol, Betapace, Bisoprolol, Bystolic, Carvedilol, Coreg, Coreg CR, Corgard, Inderal, Labetalol, Lopressor, Metoprolol, Nadolol, Normadyne, Pindolol, Propanolol, Sectral, Tenoretic, Tenormin, Toprol, Toprol XL, Trandate, Zebeta, and Ziac.) **Do not take Calcium Channel Blocker medications 24 hours prior to the test.** (Examples of Calcium Channel Blocker medications: Calan, Cardizem, Cartia, Covera-HS, Diltiazem, Isoptin SR, Tarka, Verelan PM, and Verapamil.)
2. Please drink plenty of water the day before and the day of the test. Please bring a bottle of cold water and a snack for **after the stress portion** of your test.
3. You may have a light breakfast (toast, cereal and juice). If you are having an afternoon study you may have a light lunch. **Diabetics may eat and take their diabetic medications without restrictions.**
4. **No caffeine or decaffeinated products, including coffee, tea, soda or chocolate 24 hours prior to exam.**
5. Wear comfortable clothing. **No long sleeves. No dresses. You may want to bring a sweater with you.**
6. Plan to be in our office for 3-4 hours. You may want to bring reading material with you.
7. Patients weighing over 250lbs may need to have test done on 2 separate days for optimal imaging.

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.*****