



**Cardiology Specialties:**

Adult Cardiology • Echocardiography • Nuclear Cardiology  
Pacemaker • Interventional & Peripheral Cardiology

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DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

**NUCLEAR STRESS TEST PATIENT INSTRUCTIONS:**

- \*The test will take approximately 3-4 hours to complete.
- \*Nothing to eat or drink after midnight the night before the test. Patients may drink water only!
- \*Insulin and Diabetic medications should not be taken the morning of the test.
- \*Viagra, Levitra or Cialis should not be taken 24 hours before the test.
- \*Please check with your prescribing physician to see if it is all right with him/her for you to stop any of the following medications during the 24 hours prior to the test: Accurbron, Respid Theo-dur, Theophylline, Theospar, Uniphyl.
- \***Beta Blocker medications should be held 12 hours prior to test. These include:** Betapace, Coreg, Inderal, Inderal-LA, Lopressor, Normodyne, Bystolic, Tenormin, Toprol-XL, Zebeta, Metoprolol, Bisoprolol, Atenolol, and Carvedilol. If you are unsure whether or not you are taking a Beta Blocker please check with your physician.
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- Calcium Channel Blockers should be held 12 hours prior to test. These include:** Calan, Verapamil, Isoptin, Verelan, Covera, Tarka, Cardizem, Diltiazem, Dilacor, Tiazac, Cartia.
- \*
- Bring all medications or a complete list of them with you.
- \*
- No caffeine or decaffeinated products 24 hours before the test. This includes coffee, tea, soft drinks, chocolate; be careful to check for caffeine in medications.
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- Do not smoke or use tobacco products, including nicotine patches and gum, after midnight the night before the test.
- \*
- No Nitroglycerine patches after midnight the night before the test. Hold Isosorbide the morning of test.
- \*
- Wear comfortable clothes to exercise in.
- \*
- If you have any questions regarding your test or if you need to cancel or reschedule your test, please contact our office at 251-990-1920.**