



Nuclear Stress Test Instructions

Date & Time: _____

- Nothing metal from the waist up (no zippers, snap, underwire bras jewelry and valuables) This does not include implanted devices that are metal
- No caffeine 24 hours prior to the test. This includes coffee and tea (both regular and decaf), soda (regular and decaf), chocolate or any products with decaf. Consuming any form of caffeine prior to testing will result in rescheduling
- No smoking or tobacco products 24 hours prior to the test
- Nothing to eat or drink 4 hours prior to testing, expect water.
- Patients completing the exercise stress test:
 - are asked to wear comfortable clothing to walk in, including walking shoes
 - are asked to stop any beta blockers the night before and the morning of your test
 - Beta blockers include: Atenolol (Tenormin), Toprol XL, Metoprolol (Lopressor), Propranolol (Inderal), Inderal LA, Carvedilol (Coreg), Nadolol (Corgard), Labetalol (Trandate), Diltiazem, Verapamil
 - If you are unsure whether you are taking a beta blocker, please review with the nurse when you are called the day before to review instructions.
- Lexiscan stress test patients can continue taking all medications as prescribed
- If you are a diabetic, you may take insulin in the morning with juice or light breakfast (toast, fruit). You may also bring insulin with you to take after testing is completed
- Please allow 3-4 hours for your stress test to be completed

Failure to show or failure to call and cancel testing 24 hours in advance will result in a fee