

## PATIENT INSTRUCTIONS: NUCLEAR STRESS TESTING

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Test Date: \_\_\_\_\_

Test Time: \_\_\_\_\_

This is a time sensitive test. It is imperative that you arrive on time. The instructions directly below are for all types of Nuclear Stress Test. Please continue to read further instructions on the specific type of stress test you are scheduled for. If you have any questions, please do not hesitate to contact the Diagnostics Department at 928-226-6404.

1. The test is 2.5 to 3 hours for quality imaging. It cannot be shortened as it requires the time for circulation of the Nuclear-tracer.  
The test will require an IV to be started in order to inject the Nuclear-tracer.  
The test consists of 3 parts and will be explained in detail at the start of the test.
2. **Do not eat anything 4 hours prior to your appointment. Water ONLY is ok.** If you have an appointment in the afternoon, please have a light breakfast (**NO COFFEE**) and fast 4 hours before your appointment.
3. **No caffeine for 12 hours prior to your appointment.**  
**This includes: coffee, decaf coffee, tea, any type chocolate, soda or diet soda.**
4. Wear comfortable two-piece clothing and walking/comfortable shoes. You will be removing your tops and into a gown for the test. Please only bring materials that are absolutely needed with you; limit jewelry, accessories and valuables.
5. If you are a diabetic AND have an appointment in the morning, please hold your diabetic medications including insulin until the afternoon. This will prevent the affects of low blood sugar while fasting; these include Glipizide, Glyburide, Metformin, Actos, Avandia and Januvia.
6. Please read further and follow the specific instructions if you are having an Exercise Stress Test or Chemical Stress Test.

### Treadmill Walking and Dobutamine Stress Test Instructions:

1. Hold medications that lower your heart rate for 24hours prior to the test. Please see list below:

Carvedilol (Coreg)	Digitalis (Digoxin, Digitex, Lanoxin,
Atenolol (tenormin)	Lanoxicaps)
Metoprolol (toprol, Toprol XL,	Nadolol (Corgard)
Lopressor)	Sotalol (Betapace)
Propranolol (Inderal, Inderal LA)	Isosorbides (Imdur, Isodil)
Bisoprolol (Zebeta)	Amiodarone (Cordarone, Pacerone)
Labetelol (Trandate, Normadyne)	Nebivolol (Bystolic)
Diltiazem (Cardizem, Cardizem CD or	
LA or SR, Cartia XT)	

Any oral (pill) lung medications such as Theophylline or Aminophylline (inhalers are ok)
2. Take all other medications that are not listed above.
3. If you have further questions, please contact Mountain Heart Diagnostics directly at 928-226-6404.