



TRI-CITY CARDIOLOGY

Nuclear Stress Test

Test Ordered:

Exercise Stress Test

NO Caffeine

What does the test show?

- This test will show how well the blood flows through the heart muscle.

What will happen throughout my visit?

- For the stress portion, you will either be walking on the treadmill or medications will be injected to imitate exercise.
- A consent form will need to be signed. Females below the age of 50 will need to sign a consent form stating they are not pregnant. If there is a possibility of pregnancy, we will request a pregnancy test be performed.
- For one day testing please plan on being in the office for 2-3 hours; two day testing 1.5 hours **Nuclear Stress Test Preparation Instructions:**

- To provide very good care and protect your privacy, family members will be asked to remain in the waiting room. If you bring children, you must bring someone to supervise them in the waiting room while your test is performed.
- **No caffeinated OR decaffeinated products for at least 12 hours prior to your test, including:**
-- Coffee -- Chocolate -- Tea --Soda --Migraine medications (such as Excedrin/Anacin) **Drink plenty of water the day before and the day of your test.**
- Please do not eat **2 hours prior to a nuclear test.** Unless you're diabetic. If you have diabetes, please eat at your scheduled meal times.
- For respect of your safety, **please wear closed toe/closed heel walking shoes** and a comfortable two piece outfit. **No** dresses please.
- To provide very good care, please do not use any body lotions or oils on the chest area the day of the test.

Medication Instructions:

Please **hold** your beta blocker _____ for 24 hours prior to your appointment; take all other medication as prescribed.

Beta Blocker list

**Please do not advise patients to stop taking Sotalol/Betapace **						
Acebutolol	Bystolic	Inderal LA	Lopressor/HTZ	Normodyne	Sotalol	Zebeta
Atenolol	Carteolol	Inderide	Metoprolol	Penbutolol	Sotalol HCL	Ziac
Atenolol/chlorthalidone	Cartrol	Inderide LA	Metoprolol Tartrate/HTZ	Pindolol	Tenoretic	
Betapace	Carvedilol	InnoPran XL	Metoprolol/HTZ	Propranolol HCL	Tenormin	
Betapace AF	Coreg	Kerlone	Nadolol	Propranolol hydrochloride	Toprol	
Bisoprolol	Corgard	Labetalol	Nadolol/bendroflumeth	Propranolol/HTZ	Toprol XL	
Bisoprolol/fumurate	Corzide	Levatol	Nebivolol	Propranolol	Trandate	
Bisoprolol/HTZ	Esmolol	Lopressor	Nebivolol HCL	Sectral	Trandate HCL	
Brevibloc	Inderal	Lopressor HCT	Nebivolol Hydrochloride	Sorine	Visken	