Instructions for Nuclear Stress Test

General Instructions:

a) No eating/drinking 6 hours prior to the test
b) WOMEN do not wear an underwire bra
c) Bring snacks. The test will take approximately 3-4 hours
d) Do NOT have any caffeine based products 24 hours prior to the test.
- No coffee, chocolate, tea or soda

Medications to Avoid:

- Vasodilator & bronchodilators (None for 48hrs before the test)
  - Dipyridamole
  - Theophylline
  - Viagra, Cilais and Levitra

- Beta Blockers (Take ½ dose the day before the test and none on day of the test)
  - Atenolol (Tenormin)
  - Bystolic
  - Carvedilol (Coreg)
  - Ziac (Bisoprolol))
  - Metoprolol (Lopressor, Toprol)
  - Propranolol (Inderal)
  - Labetalol

- Calcium Blockers (Do not take on day of the test)
  - Amlodipine (Norvasc
  - Diltiazem (Cardizem, Dilt-cd)
  - Exforge (Amlodipine)
  - Plendil (Felodipine)
  - Nifedipine(Procardia)
  - Verapamil (Verelan, Isoptin, Calan)

- Nitrates (Do not take day of test)
  - Imdur (Isosorbide Monoitrate)
  - Isosorbide (Ismo, Sorbitrate)
  - Nitroglycerine Patch (Transderm, Nitro-dur)

- Digoxin (Do not take on day of the test)

Instructions for Diabetes Medications:

Take half of your usual morning dose of insulin and eat a light meal four hours before the test. If you take pills to control your blood sugar, do not take any pills until the test is completed. Bring your diabetes medications with you so you can take it when the test is completed. Do not take your diabetes medication and skip a meal before the test.

Note: Please give us 48 hours notice if you need to reschedule or cancel the test.