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## Patient Instructions for Nuclear Stress Test

**Brief explanation of sequence of test:** This is a stress test involving radioactive isotope substances injected into your body. They are used to find out if your heart muscle receives enough blood supply during exercise. These substances will not change the way you feel. An intravenous (IV) drip will be started in your arm. The isotopes are injected into your IV and pictures of your heart will be taken in approximately 15 minutes. You will be asked to return to the test center 2-4 hours afterwards for the treadmill/laying down portion of the testing. **Avoid caffeine before your test.** Pictures will be taken again after the treadmill portion of the test. Your doctor will call you with the results of the test within a few days.

**Time:** The stress test could take about 6 hours, with a break in between. Please be advised this test could be longer than 6 hours.

**Cancellation:** This test requires coordination between your doctor and the test center. The isotope is only viable for that day and is expensive. If you need to cancel this test you must notify our office 24 hours in advance. You will be responsible for a \$50 cancellation fee if you do not cancel at least 24 hours in advance.

**Clothing:** Please wear comfortable clothing (short sleeves, no metal snaps or buttons) and appropriate shoes to walk in. Ladies please wear a bra and do not wear a dress. Please no jewelry. Do not use bath oil, lotion, or powder on the morning of the test. You may use deodorant if desired.

**Diet:** Please have a light breakfast and **NO CAFFEINE, THIS INCLUDES DECAFFEINATED COFFEE, TEA, AND/OR SODA.** You may bring food with you and you may also be able to leave and return at a specified time. Examples of what you may eat/drink: Juices, fresh fruits, granola bars. Examples of what not to eat: cheese, bananas, bread, peanut butter, meats.

**Insurance:** It is your responsibility to provide our office with your insurance card and referral. If a referral is needed you will need to bring the original copy to our office with you. This is very important, as the test can not be preformed without a referral.

**Medications:** Please bring a list of your current medications. Stop the following medications 24 hours prior to test (unless you have chest pain on stopping medications).

**Beta Blockers:**

Acebutolol (Secral)  
Bextaxolol (Kerlone)  
Bisoprolol (Zebeta, Ziac)  
Carvedilol (Coreg)  
Labetalol (Normodyne,  
Trandate)  
Metoprolol (Lopressor,  
Toprol XL)  
Naldolol (Corgard)  
Nebivolol (Bystolic)  
Penbutolol (Levatol)  
Pindolol (Visken)  
Propranolol (Inderal, InnoPran  
XL)  
Sotalol (Betapace)

Tenormin (Atenolol)

Timolol (Blocadren)

**Calcium Blockers:**

Amlodipine (Caduet, Lotrel,  
Norvasc, Exforge)  
Diltiazem (Cardizem, Carta  
XT, Dilacor, Tizac, Taztia XT)  
Felodipine (Plendil, Lexxel)  
Isradipine (Dynacirc)  
Nicardipine (Cardene)  
Nifedipine (Procardia, Adalat,  
Nifederal, Nifediac)  
Nisoldipine (Sular)  
Verapamil (Calan, Covera,  
Veralan, Isoptin, Tarka)

**Anti Arrhythmic:**

Amiodarone (Cordarone)  
Digoxin (Lanoxin)  
Dronedarone (Multaq)  
Flecainide  
Propafenone (Rythmol)  
Quinidine  
Sotalol (Betapace)

**Nitroglycerine Preparations:**

Isosorbide Dinitrate (Isordil)  
Isosorbide Monitrate (Imdur)  
Nitrobid  
Nitroglycerin Patch (Nitro-  
dur, Nitrodisc, Transderm-  
Nitro, Minitran)

## PLEASE NOTE: NO CAFFEINE PRIOR TO YOUR STRESS TEST

If you have any questions please contact our office at (732) 840-1900 or send us a message through your patient portal.

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