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## Patient Instructions for Nuclear Stress Test

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

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

**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 do not wear 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 two hours prior to your test. ***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.

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

#### **Beta Blockers:**

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

Tenormin (Atenolol)

Timolol (Blocadren)

#### **Calcium Blockers:**

Amlodipine (Caduet, Lotrel,  
Norvasc)  
Diltiazem (Cardizem, Carta  
XT, Dilacor, Tizac, Taztia XT)  
Felodipine (Plendil, Lexxel)  
Isradipine (Dynacirc)  
Nicardipine (Cardene)  
Nifedipine (Procardia, Adalat,  
Nifedical, 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)

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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