



ALI R. MOOSVI, M.D., FACP, FACC

TODD S. COHEN, D.O., FACC

MICHAEL G. DeVITA, D.O., FACC

EUGENE S. KOFMAN, M.D.

COLLEEN E. DePAUL, RN, MSN, APN-C

CHRISTINA M. YANNONE, PA-C

PAUL J. LAMARTINA, PA-C

FAX: 732.840.0355

[www.shorecardiology.com](http://www.shorecardiology.com)

## **Patient Instructions for Nuclear Stress Test**

**Time:** Approximately 4-5 hours with a break in between.

**Clothing:** Comfortable shoes and pants, short sleeves; no dresses, jewelry, metal snaps or buttons. Ladies wear a bra, please avoid a bra with underwire. No bath oil, lotion or powder. Deodorant okay.

**Diet:** Light breakfast up to 4 hours prior to your test. Drink water prior to arrival to be well hydrated. **NO CAFFEINE FOR 24 HOURS, THIS INCLUDES DECAFFEINATED COFFEE, TEA, AND/OR SODA.** Please bring a light snack (fruit, yogurt, dry toast) with you. Do not eat cheese, banana, peanut butter or meat.

**Medications: to be stopped 24 hours prior to test and brought with you.**

Acebutolol	Coreg	Lanoxin	Nitrobid
Adalat	Corgard	Lopressor	Nitroglycerin Patch
Amiodarone	Digoxin	Lotrel	Norvasc
Amlodipine	Dilacor	Metoprolol	Pindolol
Atenolol	Diltiazem	Minitran	Propafenone
Betapace	Dronedaron	Multaq	Propranolol
Bextaxolol	Felodipine	Nadolol	Quinidine
Bisoprolol	Flecainide	Nebivolol	Sotalol
Bystolic	Imdur	Nicardipine	Sular
Caduet	Inderal	Nifedipine	Taztia XT
Calan	InnoPran XL	Nisoldipine	Tenormin
Cardizem	Isosorbide Dinitrate	Nitrobid	Timolol
Cartia	Isosorbide Monitrate	Nitrodisc	Tizac
Carvedilol	Labetalol	Nitroglycerin	Toprol XL
Trandate	Veralan	Verapamil	Ziac

\*\* Diabetics: Oral medications: Do NOT take on morning of the test. Insulin: Take 1/2 your normal dose.

BRICK

1640 HIGHWAY 88, SUITE 201  
BRICK, NJ 08724

JACKSON

27 S. COOKS BRIDGE RD., SUITE 210  
JACKSON, NJ 08527