



Nuclear Stress Test Preparation

Failure to comply with these instructions can result in cancellation of your test

- Please hold blood pressure medicines such as beta-blockers and calcium channel blockers for at least **24 hours** prior to testing – unless otherwise advised by your physicians. A common list of beta-blockers and calcium channel blockers are listed below:
 - *Atenolol, Bisoprolol, Bystolic, Calan, Carvedilol, Cardizem, Clonidine, Coreg, Diltiazem, Inderal, Labetalol, Lopressor, Lotensin, Metoprolol, Propanolol, Tenoretic, Toprol, Amlodipine, Nicardipine, Nifedipine, Norvasc, Procardia and Verapamil.*
 - *Also Erectile Dysfunction medications should be held for 72-96 hours prior to testing such as Viagra or Cialis*
- **DO NOT EAT OR DRINK ANYTHING CONTAINING CAFFEINE FOR 12 HOURS PRIOR TO THE TEST.** This includes coffee, tea, soft drinks (including decaffeinated), chocolate, headache meds and powders and sinus medicines.
- No smoking or nicotine products 4 hours prior to test
- **DO NOT EAT OR DRINK ANYTHING WITHIN 6 HOURS OF THE TEST, EXCEPT WATER.** Water intake is encouraged and is actually beneficial.
- Bring a list of your medications – both prescription and non-prescription. Also bring missed morning doses of medicines. They can be taken after nuclear stress testing is done.
- If you are an insulin dependent diabetic – please check with your physician for dosing instructions.

*If you are unable to make your appointment,
please notify your physician's office immediately to avoid any "no show" fees.*