

Heart Center PC
52 Park Street
Hyannis, MA 02601
(508) 771-4205

Patient Name: _____

Nuclear Stress Test Appointment: _____

INSTRUCTIONS FOR PATIENTS SCHEDULED FOR A NUCLEAR MEDICINE CARDIAC STRESS TEST

The stress test is a diagnostic test used to evaluate the adequacy of blood supply to the heart muscle and overall heart function. This test will last approximately 2 1/2 hours during which you will have a walking or chemical stress test and pictures of your heart.

Specific Instructions: For your comfort and safety, and so we can obtain quality images, we ask that you do the following:

1. Wear a loose fitting top or one that buttons, with comfortable slacks and rubber-soled shoes or sneakers.
2. NO CAFFEINE, CHOCOLATE OR DECAFFEINATED products for 12 HOURS BEFORE your test.
Do not take Excedrin, Anacin, Darvon or Fiorinal, these medications contain caffeine.
3. PLEASE EAT SOMETHING FOR BREAKFAST before you come in for the test. This is important as we get better images if you eat. You may also bring a snack/drink with you. NO CAFFEINE AT BREAKFAST.
4. Do not smoke for at least one hour before your test.
5. You will be told which medicines NOT to take the evening before or the day of the test. See the list of medications below. If you have one of these medications, do NOT take it the evening before or the morning of the test. BRING THESE MEDICATIONS WITH YOU so that you will be able to take them when permitted.
6. If you have any questions about the instructions, please call the Heart Center.

The following medications cannot be taken two days/ nights prior to testing, but may be brought with you:

1. Corgard (Nadolol)
2. Kerlone (Betaxolol)

The following medications cannot be taken on the day of the testing, or the evening prior to testing, unless you experience angina or are otherwise instructed:

1. Inderal (Propranolol)
2. Sectral (Acebutolol)
3. Tenormin (Atenolol)
4. Trandate (Labetalol)
5. Lopressor, Toprol (Metoprolol)
6. Viskin (Pindolol)
7. Blocadren (Timolol)
8. Cardizem (Diltiazem, Dilacor)
9. Verapamil (Isoptin, Calan, Verelan)
10. Betapace (Sotalol)
11. Zebeta (Bisoprolol)
12. Carteolol (Cartrol)
13. Carvedilol (Coreg)
14. Esmolol (Brevibloc)
15. Propranolol (Inderal)
16. Tenoretic (Atenolol, Chlorthalidone)
17. Bisoprolo Fumarate (Emcor, Monocor, Zebeta)
18. Ziac (Bisoprolol Furamate, HCTZ)

Eye Drops:

1. Betaxolol (Betaptic)
2. Carteolol (Ocupress)
3. Levobunolol (Betag AN)
4. Timolol (Timoptic)

If you are diabetic, please contact your primary care physician regarding diabetic medication instructions.
If you have any additional questions, please call us.

Unless listed above, it is important to take all medications as directed.

We require a 24-hour notification in order to cancel your nuclear stress test. If not, you will be billed for the cost of the injection ordered for you!