



Cardiovascular Diagnostics

Preparing for Your Nuclear Pharmacologic Stress Test

Your nuclear pharmacologic stress test has been scheduled for:

Date: _____

Time: _____

Location: _____

Note: Allot 4 hours for a nuclear stress test.

To help you prepare for this test, please follow the instructions below.

- Wash with soap that has no lotion (Ivory, Zest or Dial). Do not apply lotion or oil to hands, chest or abdomen.
- Dress in loose layers (it is cool in the office).
- Wear comfortable walking shoes (no high heels, sandals or backless shoes).
- Do not wear clothing above the waist that has big snaps or metal buttons.
- Do not wear one-piece garments such as overalls, dresses or full slips.
- Bring all medications with you to your appointment.
- **Take all of your medications as normal.**

Limits on Food, Drink and Medicine

- No food or drink **4 hours before your test** (except meds with a small drink of water), including gum and candy. Upon arrival, you will eat a pack of crackers and drink water after being injected with Cardiolite.
- No tobacco products (cigarettes, cigars, pipe tobacco, chew, dip, snuff) **4 hours** before the test.
- No caffeine **24 hours** before your test. Items include:
 - Coffee or tea (brewed, instant or iced, including those labeled "decaffeinated")
 - Colas, Mountain Dew or drinks that contain caffeine, including energy drinks or those labeled "decaffeinated"
 - All chocolate and cocoa-based products
- No medicines that contain caffeine such as Anacin, Excedrin, BC Powders and Goody's Powders.

For patients with diabetes: You will eat crackers and drink water soon after your arrival. Take your diabetes medications as needed or you may take them after your crackers.

If you have any questions or need to reschedule your appointment, please **call our office 24 hours in advance, 455-6900 or 1-877-611-9965**. The Cardiolite ordered especially for you is expensive and cannot be used past your appointment time.