



**GREENVILLE HOSPITAL SYSTEM
UNIVERSITY MEDICAL CENTER**

Date: _____

Arrival Time: _____

Nuclear Stress Test (Approx. Time 4 hours)

Please call 24 hours in advance if you need to reschedule your appointment. The Cardiolite ordered especially for you is expensive and cannot be used past your appointment time.

Greenville/Greer/Simpsonville/Easley
Phone: 864-455-6900 Toll Free 1-877-611-9965

PREPARING FOR TEST:

- Wash with soap that has no lotion (Ivory, Zest or Dial). No lotions or oils on chest or abdomen.
- Dress in loose layers (it is cool in the office).
- Comfortable walking shoes (no high heels, sandals, backless shoes).
- No big snaps or metal buttons on shirt or sweaters.
- No one piece garments (overalls, dresses, full slips).

FOOD, DRINK, MEDICINE:

No food or drink **4 hours** before your test (except meds with a small drink of water), including gum and candy. Upon arrival, after being injected with Cardiolite, you will eat a pack of crackers and drink water.

No tobacco products (cigarettes, cigars, pipe tobacco, chew, dip, snuff) **4 hours** prior to test.

No caffeine **24 hours** before your test. This includes:

Coffee or Tea - brewed, instant, or iced, including those labeled "**decaffeinated**".

Colas, Mountain Dew or drinks that contain caffeine, including those labeled "**decaffeinated**".

Chocolate and Cocoa based products - All Kinds.

Medicines that contain caffeine such as Anacin, Excedrin, BC Powders, Goody's Powders.

Take all your medications except those listed below.

Withhold the following medications 24 hours before your test unless directed by your physician:

If you experience any cardiac symptoms while withholding your medication for this 24 hour period,

Acebutolol	Coreg	Metoprolol	Theophylline
Aggrenox (48 hrs)	Corgard	Nadolol	Tiazac
Atenolol	Cover-HS	Persantine	Toprol
Betapace	Digoxin	Pindolol	Trandate
Blocadren	Dilacor	Primatene	Verapamil
Bystolic	Diltiazem	Propranolol	Verelan PM
Calan	Dypridamole	Quibron	Visken
Cardizem	Inderal	Sectral	Ziac
Carvedilol	Labetalol	Sotolol	Zybeta
Constant-T	Lopressor	Tenormin	

contact your physician. **Bring all medications with you.**

*****Diabetic Patients:** You will eat crackers and drink water soon after your arrival. Take your diabetic meds as needed or you may take them after your crackers.