



Instructions for your upcoming Nuclear Stress Test

Keep in mind; you will receive a phone call from our office two days prior to your scheduled test to review these instructions.

1. NO Caffeine or chocolate 24 hours before your test (this includes Decaf)
2. NO Calcium Channel Blockers or Beta Blockers 24 hours before your test. (If you are on any of these types of medications, we will tell you which ones you need to hold).
3. Drink 32 OZ of water the day before your test.
4. Nothing to eat or drink 4 hours prior to your test that day, unless you are a Diabetic, in which case, you may eat.
5. Wear comfy shoes for the treadmill.
6. Bring a snack
7. Bring a small bottle of Sprite, Ginger ale or 7UP. (Diet if you are a diabetic)
8. Electrodes will be applied to your chest for this test, so please keep your skin free of any lotions, powders or oils for best results.

Your appointment will be 3-4 hours long.

**** Please give our office 24 hours notice when cancelling a stress test appointment, failure to do so will result in a \$250.00 charge. The medication we order is specific to your height and body weight, it cannot be used for anyone else and cannot be used after 4 hours.**