

INSTRUCTIONS FOR NUCLEAR STRESS TEST PARTICIPANTS

1. This test will take about six hours, so please be prepared to stay until it is complete. Please wear loose-fitting clothes with no metal buttons, embellishments or jewelry and shoes that are appropriate for exercise. Women may wear any type of bra.
2. Do not eat or drink anything after midnight on the evening prior to your scheduled test. In addition, do not consume anything containing caffeine for at least 24 hours before your test, including tea, coffee, chocolate, sodas and some headache medications. This includes half-caff, decaffeinated and caffeine-free products.
3. Take medications as prescribed, except: Lopressor, Theophylline, Metoprolol, Toprol, Bystolic, Atenolol, Coreg, Carvedilol, and/or Lebetalol for 24 hours, and Dypridamole and/or Aggrenox for 48 hours.
4. Please bring all medications in their bottles with you to your appointment, especially inhalers.
5. After a portion of the test is complete, the technician will let you know you may eat. You may bring a light meal with you or leave the clinic briefly to eat at that time.
6. (*Male Patients Only*) If you do not want a dry shave, you may shave yourself before the stress test. A proper shave includes all of the area that is shaded below:

