



## NUCLEAR STRESS TEST

Test Date: \_\_\_\_\_

Time: \_\_\_\_\_

\*\*Your physician has ordered a non-invasive nuclear stress test to evaluate the coronary blood flow to your heart muscle. Images will be taken that can show areas of low blood flow or areas of concern. The stressing portion of the test will be performed physically on the treadmill or will be chemically induced. This test takes place in one day and could take up to 4 hours to complete. Please call our office, if you have any questions.\*\*

### IMPORTANT INFORMATION FOR YOUR TEST

(PLEASE MAKE SURE YOU FOLLOW THIS TIMELINE OR YOUR TEST MAY HAVE TO BE RESCHEDULED)

#### 72 HOURS BEFORE YOUR TEST:

- Do not take Viagra, Cialis or Levitra

#### 48 HOURS BEFORE YOUR TEST:

- Stop taking any medications that are listed below:

- |                                   |  |                                    |                                       |                                      |
|-----------------------------------|--|------------------------------------|---------------------------------------|--------------------------------------|
| <input type="radio"/> Aerolate    | <input type="radio"/> Dyphlline        | <input type="radio"/> Perstantine  | <input type="radio"/> Theobid         | <input type="radio"/> Theospan JR/SR |
| <input type="radio"/> Aggrenox    | <input type="radio"/> Elixophylline SR | <input type="radio"/> Quibron T/SR | <input type="radio"/> Theochron       | <input type="radio"/> Theo X         |
| <input type="radio"/> Asbron G    | <input type="radio"/> Gryocaps         | <input type="radio"/> Respid       | <input type="radio"/> Theoclear       | <input type="radio"/> Theo Vent      |
| <input type="radio"/> Bronkodyl   | <input type="radio"/> Lufyllin         | <input type="radio"/> Slo-Bid      | <input type="radio"/> Theo Dur        | <input type="radio"/> Unidur         |
| <input type="radio"/> Constant-T  | <input type="radio"/> Marax            | <input type="radio"/> Slo-Phylline | <input type="radio"/> Theolaire       | <input type="radio"/> Unipyl         |
| <input type="radio"/> Dipridamole | <input type="radio"/> Oxtophylline     | <input type="radio"/> Tedral       | <input type="radio"/> Theophylline    |                                      |
| <input type="radio"/> Duracap     | <input type="radio"/> Permole          | <input type="radio"/> Theo 24      | <input type="radio"/> Theophylline SR |                                      |

#### 24 HOURS BEFORE YOUR TEST:

- Avoid caffeinated/decaffeinated food/beverages and Soda products. (See the list below for more details.)
 

<input type="radio"/> All Coffee (regular or decaffeinated)	<input type="radio"/> All Tea (regular or decaffeinated)
<input type="radio"/> Energy drinks	<input type="radio"/> Chocolate or coffee liquors
<input type="radio"/> Chocolate milk	<input type="radio"/> Cocoa mix, malt powder
<input type="radio"/> Foods containing any chocolate	<input type="radio"/> All Soda/Pop products
- Avoid over-the-counter medications or prescribed medications containing caffeine.

Note: The drugs listed below are some of the common drugs containing caffeine. Always check the labels of over-the-counter drugs for the caffeine content before taking them.

- |   |  |   |  |
|---|--|---|--|
| <input type="radio"/> Alka-Seltzer                            | <input type="radio"/> Cough Syrups                     | <input type="radio"/> Fiorinal                | <input type="radio"/> Panlor           |
| <input type="radio"/> Anacin tablets/caps                     | <input type="radio"/> Darvon                           | <input type="radio"/> Goody's Headache Powder | <input type="radio"/> Stay awake       |
| <input type="radio"/> Anacin Max                              | <input type="radio"/> Dolgic-Plus                      | <input type="radio"/> Goody's Extra Strength  | <input type="radio"/> Stim             |
| <input type="radio"/> Bayer Select Extra Strength Back & Body | <input type="radio"/> Enerjets                         | <input type="radio"/> Midrin                  | <input type="radio"/> Syngalos         |
| <input type="radio"/> Cafcit injections                       | <input type="radio"/> Esgic                            | <input type="radio"/> Midol                   | <input type="radio"/> Triaminicin      |
| <input type="radio"/> Cafenol                                 | <input type="radio"/> Esgic-Plus                       | <input type="radio"/> Migraine Meds           | <input type="radio"/> Vanquish caplets |
| <input type="radio"/> Cafegot                                 | <input type="radio"/> Excedrine                        | <input type="radio"/> Migranol                | <input type="radio"/> Vivarin          |
| <input type="radio"/> Caffeine & phenylpropanolamine          | <input type="radio"/> Excedrine (Aspirin-Free) Caplets | <input type="radio"/> No-Doz                  |  |
|   | <input type="radio"/> Fioricet                         | <input type="radio"/> Norgesic Forte          |  |

#### THE DAY OF THE STUDY:

- Stop eating 1 HOUR before your appointment time. Drinking water is encouraged.
- Nitroglycerin patches must be taken off 1 hours before testing.
- Bring a list of ALL morning meds with you. Bring your inhalers and oxygen if prescribed.
- Wear comfortable two-piece clothing and comfortable walking shoes with backs.
- Diabetic patients: Take your diabetic meds as scheduled. (Bring a snack)