

## **NUCLEAR TESTING INSTRUCTIONS**

**IMPORTANT:** Please *CAREFULLY* read and comply with all instructions in order to avoid rescheduling.

### **24 HOURS BEFORE YOUR TEST**

- **NO** coffee or tea of any kind.
- **NO** decaffeinated coffee, tea of any kind, including herbal tea.
- **NO** colas or soft drinks including those labeled caffeine free.
- **NO** chocolate (candy, cakes, pies, cocoa, white chocolate, etc.).
- **NO** Anacin, Excedrin, or any other aspirin products containing caffeine.
- **NO** Persantine (Dipyridamole)
- **NO** Theophylline type medications.
- **NO** smoking
- **NO** beta blockers or calcium channel blockers (unless otherwise instructed by your physician).

### **THE DAY OF THE TEST**

- Nothing to eat or drink 6 hours before the test. You **MAY** drink water in any amount.
- Please wash chest area and avoid oil, lotion, powder and perfume. Wear a comfortable two-piece outfit; avoid wearing dresses, jumpsuits or shirts with metallic buttons or zippers on the chest area.  
**NOTE:** Exam area tends to be cold. You may want to bring a sweater or blanket.
- Wear comfortable walking shoes.
- Bring a current list of medications and dosages.
- Bring your insurance card.
- If you are diabetic, please talk with your ordering physician about restrictions.
- After stress testing has been completed, snacks will be provided, however if you have any **dietary restrictions**, i.e. diabetic or gluten sensitivities, you may want to bring your own snack.
- **Bring your scheduled cardiac medications with you, to take as directed by the technician after the test.**

### **ALLOW 4 HOURS TO COMPLETE EXAM**

**FOR RADIATION SAFETY REASONS, ONLY PATIENTS ARE PERMITTED IN THE TESTING AREA.**

### **IMPORTANT NOTICES**

**\*\*48 Hour notice** is required for all cancellations; you will be charged a cancellation fee and for the cost of the tracer. In the event you fail to follow instructions, your test may be canceled and fees applied.

**Referral Patients: Written orders/prescriptions for this test are required** prior to performing all testing. If your insurance requires a referral, please obtain one from your primary care physician. All may be faxed to 571-423-5082.

If you will be going through a **secure location**, i.e. airports or government buildings, within 72 hours after testing, please inform technologist and he/she will provide you with appropriate documentation.

***Must be discontinued for 24 hours prior to appointment (also check the label)***

<b>Caffeine and decaffeinated food products &amp; beverages:</b>
<b>Coffee:</b> any kind, brewed instant, or iced
<b>Tea:</b> any kind, brewed instant, or iced
<b>Decaffeinated Coffee and Tea:</b> any kind, brewed, instant, or iced
<b>Chocolate:</b> candy, cake, baking cocoa, pudding, milk, brownies, dark, baker's, semisweet, ice cream
<b>Soda Cola:</b> Coke, Diet Coke, Pepsi, Diet Pepsi, Mountain Dew, Dr. Pepper, Diet Dr. Pepper, Tab, Jolt, Mellow Yellow, Mr. Pibb
<b>Common &amp; OTC Drugs:</b> Anacin, Cafergot, Darvon Compound, Esgic, Exedrin, Fioricet, Fiorinal, Migraine Medications, No-Doz, Norgesic, Norgesic Forte, Vivarin

***Do not take the following medications 24 hours prior to your test***

Aerolate	Slo-Bid Gyrocaps	Theo-Dur
Aggrenox	Slo-Phyllin Grocaps	Theo-Dur Sprinkle
Bronkodyl	Sustaire	Theolair-SR
Constant-T	Theo-24	Theospan- SR
Elixophyllin SR	Theobid Duracap	Theovent-L.A.
Persantine (Dipyridamole)	Theobid Jr. Duracap	Trental
Quibron-SR	Theoclear L.A.	Uniphyl
Respid	Theochron	

***Do not take the following medications after 12 noon the day before your test***

Acebutolol	Diltiazem	Sotalol
Atenolol	Inderal, Inderal LA	Tarka
Betapace	Inderide, Inderide LA	Tenormin
Betaxolol	Isoptin	Tenoretic
Bisoprolol	Kerlone	Tiazac
Blocadrem	Labetalol	Timolol
Bystolic	Levatol	Toprol, Toprol XL
Calan	Lopressor, Lopressor HCT	Trandate
Cardizem	Metoprolol	Verapamil
Cartia	Nadolol	Verelan (SR)
Carvedilol	Nebivolol	Visken
Coreg	Penbutolol	Zebeta
Corgard	Pindolol	Ziac
Covera	Propranolol	
Dilacor	Sectral	