

Nuclear Test Instructions

PLEASE READ COMPLETELY BEFORE SIGNING!

If you are scheduled for a study and do not show up, you will be charged a \$150.00 fee that is not covered by insurance. Please provide 24 hours' notice for cancellations and reschedules. Monday appointments must be canceled 72 hours in advance.

Patient Name: _____

Duration of Test: 3 - 5 Hours

1. A) If a stress test is scheduled before 11:00 a.m., nothing but water should be consumed after midnight.

B) If a stress test is scheduled after 11:00 a.m., nothing but water may be ingested after 7:00 a.m. (a very light breakfast can be consumed prior to 7:00 am)

1. 24 hours without caffeine or theophylline products (ex; coffee, soda, tea,)
2. Wear comfortable, two-piece, loose-fitting apparel (top and bottom) and comfortable walking shoes.
3. Be prepared for a needle prick, as an IV will be inserted.
4. DO NOT apply any oily or greasy substances to your chest.
5. DO NOT smoke the morning of the test.
6. Bring ALL medications, including inhalers and blood pressure medications, to be taken immediately after the exam.
7. Some calcium channel blockers and beta-blockers must be withheld 24 hours prior to the test; a list is attached.

DIABETIC PATIENTS: should not take diabetic medications (including insulin) on the day of the exam, but should bring a snack and medication to take after the exam.

FEMALE PATIENTS: Please inform the office if you are pregnant, plan to become pregnant, or are nursing.

Consent:

I have read and understood the instructions and agree to pay **\$150.00** if I do not keep my confirmed appointment.

Signature: _____ Date: _____

BETA BLOCKER

<u>Generic Name</u>	<u>Brand Name</u>	<u>Withhold</u>
<u>Atenolol</u>	<u>Tenormin</u>	<u>24 hours</u>
<u>Betaxolol</u>	<u>Kerlone</u>	<u>24 hours</u>
<u>Bisoprolol</u>	<u>Zebeta</u>	<u>24 hours</u>
<u>Carvedilol</u>	<u>Coreg</u>	<u>24 hours</u>
<u>Labetalol</u>	<u>Normodyne</u>	<u>24 hours</u>
<u>Metoprolol</u>	<u>Lopressor</u>	<u>24 hours</u>
<u>Nadolol</u>	<u>Corgard</u>	<u>24 hours</u>
<u>Nebivolol</u>	<u>Bystolic</u>	<u>24 hours</u>
<u>Pindolol</u>	<u>Visken</u>	<u>24 hours</u>
<u>Propranolol</u>	<u>Inderal</u>	<u>24 hours</u>
<u>Timolol</u>	<u>Blocardren</u>	<u>24 hours</u>

Calcium Channel Blockers

<u>Generic Name</u>	<u>Brand Name</u>	<u>Withhold</u>
<u>Diltiazem</u>	<u>Cardizem, Diacor, Tiazac</u>	<u>24 hours</u>
<u>Verapamil</u>	<u>Calan, Covera, Isoptin, Verelan</u>	<u>24 hours</u>

Pregnant women and children are not permitted in the waiting area during the stress test due to safety reasons.

In addition, only the caretaker is allowed in the office due to limited seats.

Thank you