



Nuclear Stress Test Instructions

Note - Our office will call to verbally confirm your appointment the day before your test. Once confirmed, the technologist orders the radioisotope doses specially for you (which cannot be returned). If you are unable to make it to your scheduled appointment, please call 972-572-1600 at least 24 hours ahead to avoid a \$150 fee (which must be paid before scheduling your next appointment). If any insurance related complications with the pre-authorization process arise, our office will inform you ahead of time to reschedule your test.

MANDATORY: ALL PATIENTS ARE TO BRING a bagged **LUNCH AND A CAFFEINATED DRINK** to the test. You will be instructed on when to eat by the technologist.

Requests:

- Please **DO NOT** bring children under the age of 10 to the appointment
- Please arrive **10 minutes early** for your scheduled appointment. If you are more than 15 minutes late, you will be rescheduled.

Preparing for the test:

- The entire test usually lasts about 4 hours
- **DO NOT** use any creams, lotions, ointments, oils, or powders over the chest or stomach area
- Wear comfortable clothing and **walking shoes; women – no dresses please**
- If you use a **Nitro patch**, please **remove it 2 days prior** to your test
- Please bring a list of medications and/or actual bottles (including over the counter and herbal supplements). We need **complete** medication names & dosages
- If you use an inhaler, please bring it with you to your appointment
- Please inform if you are allergic to latex or rubber products, X-ray dye, or shellfish
- Please inform **if you are pregnant, breast feeding, or think you may be pregnant**



24 Hours Before

DO NOT take beta-blockers	ex: Sectral (Acebutolol), Tenormin (Atenolol), Zebeta (Bisoprolol), Lopressor & Toprol XL (Metoprolol), Corgard (Nadolol), Coreg (Carvedilol), Bystolic (Nebivolol), Inderal & InnoPran XL (Propranolol)
NO Calcium Channel Blockers	ex: Norvasc (Amlodipine), Cardizem & Tiazac (Diltiazem), Felodipine, Isradipine, Nicardipine, Adalat CC & Procardia (Nifedipine), Sular (Nisoldipine), Calan & Verelan (Verapamil)
NO Caffeine products after 8 pm the night before the test	ex: coffee, tea, chocolate, colas, energy drinks, some pain relievers (Anacin, Aspirin, Excedrin), Theophylline, noncaffeinated, decaffeinated, and caffeine-free products <p style="text-align: right;">_____ (initial)</p>

Night Before

- **DO NOT** eat or drink anything **after midnight** for morning appointments

Morning of the test

- **DO NOT take oral diabetes medications and blood pressure medication at home.** Please bring any diabetes medications and **all blood pressure medication** with you to take after the test.
- If you take insulin, take half the prescribed dose in the morning, and bring the other half with you
- Continue all other medicines as scheduled; you may take medicines with sips of water

After the test

- **Drink plenty of fluids for the next 48 hours** after the procedure to allow the remaining tracer to be flushed out completely
- You can continue your daily activities
- Dr. Nalluri or Dr. Asti will discuss the test results (results are not given on the same day)