



APEX CARDIOLOGY

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NUCLEAR STRESS TEST INFORMATION

Date: _____ **Time:** _____

24 HOURS BEFORE THE TEST

Caffeine interferes with the medication used to stress your heart and will give false results. **DO NOT EAT OR DRINK ANY CAFFEINE OR DECAFFEINATED PRODUCTS FOR 24 HOURS PRIOR TO THE TEST (COFFEE, TEA, SODAS, CHOCOLATE, ETC.).**

Some medications can also cause the test to give false results, If you take medications that contain **THEOPHYLLINE, AGGRENOX, DYPRIDAMOLE, PERSANTINE, OR CAFFIENE**, do not take these medications for 24 hours prior to the test.

THE DAY OF THE TEST

DO NOT EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE THE TEST.
DO NOT TAKE MEDICATIONS KNOWN AS BETA-BLOCKERS THE EVENING BEFORE OR THE MORNING OF THE TEST, These medications include **TOPROL XL, COREG/CARVEDILOL, ATENOLOL, METOPROLOL, and LOPRESSOR.**

If you are a diabetic, do not take your diabetes pill or insulin the morning of the

DO NOT TAKE YOUR MEDICATIONS THE MORNING OF THE TEST. Bring all of your medications with you to the office.

Wear light comfortable clothes (preferably a 2-piece outfit with a loose shirt, blouse, or T-shirt without metal buttons or snaps).

The test takes 3-4 HOURS TO COMPLETE. You may want to bring something to eat. You will be able to eat after the stress portion of the test. You may also want to bring a book or something that keeps you entertained.

If you are unable to keep your appointment, please call our office at least 24 hours before your test to cancel. **DOSES ARE SPECIALLY ORDERED FOR YOU AND IF THE NOTICE IS NOT GIVEN YOU WILL STILL BE BILLED FOR THE MEDICATION USED FOR THE STRESS TEST.**