



NUCLEAR STRESS TEST

Scheduling questions:

(316) 686-5300, press option 3

Nuclear Department Phone Numbers:

(316) 260-1572, (316) 260-6714

Please keep in mind that these preparations are necessary so that we may obtain the best possible results.
Not following these preparations could result in your appointment being rescheduled.

- **24 hours** before the test **STOP** all caffeine intake (coffee, chocolate, tea, soda, and **DECAF PRODUCTS!**)
- **6 hours** before the test **no** food or drink **EXCEPT WATER**. You may drink as much water prior to the test as you need. If you are diabetic and must eat within the 6 hours before your test, the meal must be very light.
- If you are claustrophobic and need medication to relax, please consult your primary care physician and arrange a driver. We will not provide medication. *Take these meds 30 minutes before your appointment.*
- Bring any updated insurance information.
- Dress comfortably - in loose fitting attire. **Please do not wear one-piece dresses.**
- **ARRIVE ON TIME TO YOUR APPOINTMENT. LATE ARRIVALS ARE SUBJECT TO BEING RESCHEDULED.**
- **No family members will be allowed in the nuclear department while testing**, family members must remain in the main waiting room.
- **Nuclear Stress Tests will take approximately two and a half (2 1/2) hours.** Make sure you can stay the entire time.
- **Do NOT take your beta-blocker or nitrates for 24 hours before your test.** (Refer to list below)
- Bring your beta-blocker with you in case we want you to take it to control your heart rate or blood pressure.

Beta-Blockers	
Generic:	Brand:
Atenolol	Tenormin
Carvedilol	Coreg
Labetalol	
Metoprolol	Toprol or Lopressor
Propranolol	Inderal
Bisoprolol	
Bystolic	
Nitrates	
Imdur (Isosorbide Mononitrate)	Transderm
Isordil (Isosorbide dinitrate)	Nitrong
NitroDur (nitro patch)	Minitran
Hydralazine	
Nitropaste	
Theophylline	
Persantine	
Aggrenox	

- **SOTALOL** is a beta-blocker and is the one form we want you to continue to take as usual. Please take your SOTALOL. Only take nitro for chest pain relief if necessary.
- **Do NOT take your diabetic medications if you do not eat in the morning.**
- **All other medications are fine to take.**