



NUCLEAR STRESS TEST PREP/INSTRUCTIONS

Scheduling questions:

(316) 686-5300 option 3

Nuclear Department Phone Numbers:

(316)260-6714 or (316)260-6727

Nuclear Stress Tests will take approximately two and a half (2 1/2) hours. Make sure you can stay the entire time.

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 as you need. If you are diabetic and must eat within the 6 hours before your test due to low blood sugar, the meal must be very light. Feel free to take or hold your diabetic meds based on your needs to balance your blood sugar.
- **Do NOT take your beta-blocker or nitrates for 24 hours before your test WITH THE EXCEPTION OF SOTALOL! TAKE SOTALOL AS NORMAL!** (Refer to list below for common medications to hold) **Only take nitro for chest pain relief if necessary.** Please bring your beta-blocker with you in case we want you to take it to control your heart rate or blood pressure.

BETA-BLOCKERS

ATENOLOL (TENORMIN)
CARVEDILOL (COREG)
LABETALOL
METOPROLOL (TOPROL OR LOPRESSOR)
PROANOLOL (INDERAL)
BISOPROLOL
BYSTOLIC

NITRATES

IMDUR (ISOSORBIDE MONONITRATE, TRANSDERM)
ISORDIS (ISOSORBIDE DINITRATE, NITRONG)
NITRODUR (NITRO PATCH, MINITRAN)
HYDRALAZINE
NITROPASTE
THEOPHYLLINE
PERSANTINE
AGGRENOX

- There are 2 points in the test that you will lay down under a scanner to image your heart. 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.*
- Dress comfortably in loose fitting attire to accommodate EKG patches on your chest and an IV placed in either arm. **Please do not wear a one-piece dress.**
- **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.** They must remain in the main waiting room. You do NOT need a driver for our testing.
- Bring any updated insurance information.