



EASTERN CARDIOLOGY, P.A

Nuclear Stress Test Instructions for Procedure at Eastern Cardiology, P.A.

Treadmill: 1 Day 2 Day

DATE: _____ TIME: _____

You must call our office at least 24 hours in advance to cancel your appointment or you will be charged \$285.00

- 1. DO NOT drink any coffee, tea, sodas, diet drinks or eat any foods with caffeine (including decaf) for 24 hours prior to your procedure.**
2. Be sure to shower, wear comfortable shoes and loose-fitting clothing. Female patients need to wear a two-piece outfit, no full slips. No powders, lotions, perfumes or colognes
3. YOU MAY TAKE ALL OF YOUR NORMAL MORNING MEDICATIONS **except the following:**

Do not take for 24 hours BLOOD PRESSURE MEDS LISTED BELOW

Acebutolol	Atenolol	Bisoprolol	Bystolic	Carvedilol
Coreg	Inderal	Imdur	Isosorbide	Labetalol
Lopressor	Metoprolol/Toprol	Nadolol	Nebivolol	Propranolol
Sectral	Tenormin	Trandate	Visken	Zebeta

Do not take for 48 hours

Aggrenox	Theophylline
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Do not take for 24 hours

Cialis	Levitra	Viagra	Sildenafil	Tadalafil	Vardenafil	Revatio
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4. **Do not eat after midnight. If your appointment is scheduled for 12 noon or later you may have a light breakfast (toast, cereal, oatmeal, etc) before 8am.**
5. Please bring 2 snacks (pack of crackers, a sandwich, fruit, juice beverage, etc.). You will eat 2 times during the test. **DO NOT EAT UNTIL THE TECHNICIAN ADVISES YOU.**
6. Allow 4 to 5 hours in our office for the test to be completed including testing and resting time.
7. If you are having a 2-day nuclear please allow 2 hours in our office each day.
8. Do not smoke the morning of the test

PLEASE FOLLOW ALL INSTRUCTIONS AS DIRECTED