**Nuclear Stress Test Preparation**

* It is VERY important to **be on time** for your test. A special medication is ordered for each individual patient and is only good for a short amount of time.
* The test takes up to **3 hours** to complete. If anyone is bringing or accompanying you, please inform them that you will be in a separate waiting room for patients only for the duration of the test. They may want to drop you off and pick you up once your test is complete. We will be glad to call them for you.
* Please **wear comfortable clothes and tennis shoes** (if walking on the treadmill). Your test ***WILL BE RESCHEDULED IF YOU DO NOT WEAR APPROPRIATE SHOES.***
* Do **NOT** wear lotions or oils on your upper body. You may wear deodorant.
* This test requires you to lie still for two 15-20 minutes intervals. If you are sick, coughing, or have fever, please consider rescheduling
* If your test is in the morning, you can’t have anything to eat or drink after midnight (you **CAN** have water).
* **If you have an afternoon appointment**, you can have a light breakfast of cereal, oatmeal, and toast **prior to 7:00 am**. Drink **ONLY WATER**
* Avoid food and beverages containing caffeine for 12 hours prior to your test. This includes coffee, coke products, tea, and chocolate. **Avoid decaffeinated drinks** as well.
* Drink a glass of water prior to your test.
* **Bring sandwiches or snacks and the beverage of your choice**. There will be a time when you are allowed to eat and drink. Do **NOT** eat or drink without permission.
* If you use an inhaler, please bring it with you the day of the test.
* If you take Nitro-Dur or Nitroglycerin pills or patches do NOT take them the morning of your test.

**IF YOU TAKE ANY OTHESE MEDICATIONS, PLEASE DO NOT TAKE THEM THE NIGHT BEFORE OR MORNING OF YOUR TEST (Medications can be resumed after test is complete).**

Amiodarone Covera Normodyne Tenormin

Atenolol Dilacor Pacerone Tiazac

Betapace Fleicanide Propafenon Timolol

Bisoprolol Inderal Propranolol Timoptic

Bystolic Isosorbide Rythmol Toprol

Calan Lopressor Sotalol Verapamil

Carvedilol Mavik Sular Zebeta

Coreg Metoprolol Tambocor Ziac

Corgard Nadolol Tarka