



Nuclear Stress Test

Location Address for Test*700 WALTER REED BLVD # 208 GARLAND TX 75042**
(972) 276-8994**

Appt Date: _____ Appt Time: _____

♥ **Diet:**

- **Morning patients:** Nothing to eat or drink after 12:00 a.m. (midnight) with the exception of water.
- **Afternoon patients:** You may eat a light breakfast such as cereal, toast, or orange juice before 9:00 a.m., but no caffeine products.

♥ **No Caffeine or Decaffeinated Products:** (example: chocolate, tea, soda, coffee, decaf tea, decaf coffee, etc.) for 24 hours prior to test.

♥ **Clothing:** Wear two-piece, loose fitting clothing and rubber-soled walking or running shoes that are comfortable for exercising if you are using a treadmill.

♥ **Medications:** Please refer to the list of beta blockers and calcium channel blockers on the second page. Please hold these medications for 24 hours prior to test; take your other medications the day of your appointment unless otherwise instructed by your physician.

♥ **Additional instructions for Diabetic Patients:**

- **Morning patients:** Should not take their usual diabetic medication, but should bring their diabetic medication with them the day of the test.
- **Afternoon patients:** Take one half of your morning dose of diabetic medication and eat a light breakfast. Bring your diabetic medication with you the afternoon of the test.

♥ **Note:** If you have Asthma or Emphysema, or if you are on Theodur or Theophylline, please tell our technologist at the time of your test.

♥ **Insurance:** If you are covered by an insurance plan that requires pre-authorization from your primary care physician, please make those arrangements prior to your visit.

Brief Explanation of Sequence of Test:

- ♥ IV will be inserted in arm or hand.
- ♥ Isotope, used for imaging, will be injected using IV site.
- ♥ Resting images will be taken (14 minutes).
- ♥ Stress portion performed using a treadmill or with IV medications (During this time, you will also receive a second injection of isotope).
- ♥ 45 min to 1 hour break- you will be able to eat, drink, and take medications during this time. This break period will vary in length of time. You may bring a sack lunch, otherwise crackers and beverage will be provided. It is imperative to eat during this break, if you have a peanut allergy please plan to provide your own snack.

Imaging Medication:

The isotope is ordered specifically for each patient the day before their test and according to their scheduled time. If you, the patient, do not cancel your scheduled appointment at least 24 hours prior to the test, you will be billed for the two isotope doses.

If you, the patient, are more than 30 minutes late for scheduled appointment, testing may have to be rescheduled and you will be billed for two isotope doses.

Nuclear Test Instructions for Medications:

Morning and Afternoon Patients: Unless otherwise instructed by your physician DO NOT take the following medications 24 hours prior to test, but BRING them with you to the test.

Beta Blockers:

Generic or Base Name:

Brand Name:

ATENOLOL
BISOPROLOL
NEBIVOLOL
METOPROLOL/LOPRESSOR
PENBUTOLOL
CARVEDILOL
LABETALOL
NADOLOL
PROPRANOLOL/INDERAL
SOTALOL/BETAPACE

TENORMIN
ZEBETA
BYSTOLIC
TOPROL XL
LEVATOL
COREG/COREG CR
TRANDATE
CORGARD
INNOPRAN XL
SORINE

Combo drugs:

TENORETIC (ATENOLOL)
ZIAC (BISOPROLOL)
LOPRESSOR HCT (METOPROLOL)
CORZIDE (NADOLOL)
INDERIDE [ER] (PROPANOLOL)

Calcium Channel Blockers:

CARDIZEM
CALAN [SR]
DILTIAZEM
TIAZAC
VERAPAMIL
VERELAN [PM]

Questions/Concerns:

You will be reminded via phone number on file before your test to confirm your appointment time. Any questions or concerns you may call our office at **(972)276-8994**

Our address is: ***700 WALTER REED BLVD # 208 GARLAND TX 75042**

Thank you for your time, patience, and cooperation!!
HeartPlace