

Nuclear Medicine Stress Test

Patient Instructions

You have been scheduled for a Nuclear Medicine Stress Test at _____ AM /PM
on ___/___/_____

- **DO NOT** eat or drink anything for 6 hours prior to your appointment. Insulin dependent diabetics may eat one slice of toast for breakfast if blood sugar is less than 100.
- **DO NOT** drink any caffeinated beverages (coffee, tea, cocoa, soft drinks) or eat any chocolate for at least 24 hours before the study. NO DECAF COFFEE or TEA
- **Medication Instructions:**
 - If taking the long acting insulin Lantus, take only half (1/2) of your usual evening and morning dose the night before your procedure and DO NOT taking your usual morning dose the day of the procedure.
 - **HOLD** the following medications:
 - Beta Blockers (Nebivolol, Carvedilol, Atenolol, etc. ALL the “ – lol drugs”) Also, Calcium Channel Blockers (Cardizem)
 - **TAKE** the following medications with a sip of water:
 - All other Blood Pressure Medications (Lisinopril)
- Please bring all of your medications with you in labeled containers, including inhalers.
- Wear comfortable clothes and shoes as you may need to walk on a treadmill during one portion of this test.
- Check-in at The Imaging Center at FMH at the appointed time above.
- You will have an IV for this test.
- This test will take approximately 4 to 5 hours to complete. You will have some free time between the first and second portions of the test.

Patient _____ Date ___/___/_____

Nurse _____ Date ___/___/_____

If you have any questions, call the Imaging Center nursing staff at 907.458.5588