



Cardiac Care Consultants

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NUCLEAR STRESS STUDY

TESTING INSTRUCTIONS

Patient:

Outlined below is a list of your appointments:

Time Date location with

*****Do not take your Beta or Calcium Channel Blocker 24 hours prior to the test*****

- 1) You may take your medications with the exception of the following Beta and Calcium Channel Blockers. (For example: Atenolol, Betapace, Bisoprolol, Bystolic, Calan, Cardizem, Cartia, Carvedilol, Coreg, Coreg CR, Corgard, Covera-HS, Diltiazem, Inderal, Isoptin SR, Labetalol, Lopressor, Metoprolol, Nadolol, Normadyne, Pindolol, Propanolol, Sectral, Sotalol, Tarka, Ténoretic, Tenormin, Toprol, Toprol XL, Trandate, Verelan PM, Verapamil, Zebeta, Ziac.)
- 2) You may have a light breakfast (toast, cereal and juice). If you are having an afternoon study, you may have a light lunch.
- 3) Wear comfortable clothing and walking shoes. No long sleeves. No sandals.
- 4) **No Caffeine or Decaffeinated products 24 hours prior to exam.**
- 5) Plan to be in our office for 3-4 hours. You may want to bring reading material with you.
- 6) Patients weighing over 250lbs may need to have test done on 2 separate days for optimal imaging. Please see our office staff with questions.

About this test:

The radioactive tracer is injected through an IV. You will have two nuclear scans. One scan is prior to the treadmill exercise and the other is after the exercise portion of the study. If you have any questions, please call the Nuclear Medicine Department at 623-875-5518.

***** Cancellations must be made within 24 hours of your scheduled test or a fee may be charged for the radioactive tracer.**