

**CARDIAC CARE CONSULTANTS**  
**NUCLEAR STRESS STUDY with ADENOSINE INFUSION - TEST INSTRUCTIONS**

**Patient:** \_\_\_\_\_

**Outlined below is a list of your appointments:**

<u>Time</u>	<u>Date</u>	<u>Location</u>	<u>With</u>
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1. **DO NOT stop your medications.**
2. Please drink plenty of water the day before and the day of the test. Please bring a bottle of cold water and a snack for **after the stress portion** of your test.
3. You may have a light breakfast (toast, cereal and juice). If you are having an afternoon study you may have a light lunch. **Diabetics may eat and take their diabetic medications without restrictions.**
4. **No caffeine or decaffeinated products, including coffee, tea, soda or chocolate 24 hours prior to exam.**
5. Wear comfortable clothing. **No long sleeves. No dresses. You may want to bring a sweater with you.**
6. Plan to be in our office for 3-4 hours. You may want to bring reading material with you.
7. Patients weighing over 250lbs may need to have test done on 2 separate days for optimal imaging.

**About this test:**

The radioactive tracer is injected through an IV. You will have two nuclear scans. The Adenosine infusion will take the place of walking on a treadmill. If you have any questions, please call the Nuclear Medicine Department at 623-875-5518. You will be notified of your test results in 7 to 10 business days or at your next appointment with the physician.

**\*\*\* Cancellations must be made within 24 hours or a \$100.00 fee will be assessed.\*\*\***