

**PATIENT INFORMATION****NUCLEAR STRESS TEST****MEDICATIONS:**

- Take your medication as you would on any other day
- Do not take your beta blocker on the morning of the test, (for example, Toprol, Inderal, Atenolol, Tenormin, Metoprolol, Carvedilol, Coreg)
- Do not take your beta blocker, for 2 days before your test but **BRING WITH YOU ON THE DAY OF YOUR TEST!** (for example, Toprol, Inderal, Atenolol, Tenormin, Metoprolol, Carvedilol, Coreg)

**IT IS VERY IMPORTANT TO FOLLOW THESE INSTRUCTIONS TO ENSURE A HIGH QUALITY NUCLEAR STRESS TEST:**

1. Wear loose fitting comfortable clothing, sneakers or walking shoes. No metal snaps or buttons on shirt or blouse.
2. No coffee or caffeine products the day of study.
3. Please do not smoke, eat or drink anything for at least four hours prior to the test.
4. Bring a list of current medications and doses.
5. Please bring your insurance cards and completed insurance/referral forms with you.
6. Please bring a snack (sandwich, cold non-caffeinated beverage). This is necessary to enhance the quality of your test.

**TESTING PROCEDURE:**

1. The test will be explained. You will be asked to sign a consent form.
2. An intravenous (IV) line will be started in your arm. You will receive an injection.
3. You will need to wait about 45-60 minutes after the injection, and then pictures will be taken. These take about 15-20 minutes.
4. To prepare for the next part, your chest is cleansed, and EKG electrodes are applied.
5. The stress test is next. This is either with exercise or with a medication. During this time, your EKG and blood pressure will be monitored closely and another injection of isotope will be administered.
6. You will then wait 45-60 minutes while you have your snack.
7. One more set of pictures will be taken, approximately 15-20 more minutes.
8. Your test is complete and your IV line will be removed.

Please telephone in advance if you cannot keep your appointment  
or if you have any questions about the test at 978-521-3288