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Treadmill Nuclear Stress Test Instructions

As requested by your doctor, you have been scheduled for a Nuclear Stress Test. This test requires us to order special medications that are measured by time, your height, and weight; therefore it is very important that you contact us within **24 hours** prior to your appointment to reschedule/cancel or we will impose a **\$100.00 “no show fee”**. Please note that this test can take up to **2 hours** please schedule your time here accordingly.

Listed instructions below must be followed in order to render testing:

- **No caffeinated/decaffeinated products 24 hrs prior to testing.**
This includes all chocolate, caffeine free pop, regular pop, coffee, decaffeinated coffee, and types of tea. Water, and or juice is appropriate and encouraged.
- **Stop taking listed heart medications 24 hours prior to testing.**
Metoprolol, Lopressor, Atenolol, Tenormin, Isosorbide, Coreg, Carvedilol, Sotalol, or Betapace.
Avoid taking any medications containing Theophylline 36 hours prior to testing.
As well medications like Excedrin, or Midol 24 hours prior.
- **If you take any of the above medications, bring them with you to your appointment.**
- **No food 4 hours prior to your appointment.**
- **If you are a Diabetic a light meal is recommended at least 3 hours prior to testing, and be sure to take your diabetic medication with your meal.**
- **No tobacco use after midnight.**
This includes any tobacco products such as; nicotine patches, nicotine gum, vaping, or chewing tobacco.
- **Comfortable clothing must be worn.**
Loose comfortable clothing with no metal above the waist. Rubber soled walking shoes are required.
- **No friends or family members will be allowed to come back to the testing room. They may wait in our lobby during testing.**
- **If you do not comply with the above testing procedures your test will be cancelled, and the \$100 reschedule fee will be imposed.**
- **If you have any questions please contact our office prior to testing.**