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INSTRUCTIONS FOR NUCLEAR STRESS TEST

You will be undergoing a nuclear stress test. We ask you to please observe the instructions below:

1. The duration of the test is approximately 1.5 to 2 hours.
2. Please do not eat anything 3 hours prior to the test.
3. However, drink as much water as you can.
4. Do not drink any caffeine (coffee, tea, chocolate or any kind of soft drink-no diet soda) or alcohol for **at least 24 hours before your scheduled test.**
5. Please wear loose-fitting clothing, no underwire bra, short sleeves and be sure to bring along a pair of sneakers or rubber soled shoes.
6. No children are allowed in the testing area.
7. If you are **pregnant**, believed to be pregnant or breast feeding, please notify our staff immediately. Please stay away from children under 5 years and pregnant women at least 24 hours after the test is performed.
- 8. Specials Instructions for patients with diabetes:**
 - ½ pill with juice and toast.
 - ½ injection with small meal.
9. Medication restriction: Do not take the Beta Blockers or Calcium Antagonists stated below for at least 24 hours before the test.
10. Do not take Anacin or any other caffeine-coated Aspirin for at least 24 hours before the test.

BETA BLOCKERS

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Atenolol	Nadolol
Acebutalol	Normodyne
Beataxolol	Pindolol
Corgard	Sectral
Coreg	Tenormin
Inderal	Timonol
Kerlone	Toprol
Labaetalol	Toprolol
Lopressor	Visken
Metropolol	Ziac

CALCIUM CHANNEL BLOCKERS

Diltiazam
Cardizem
Verapamil
Verelan
Isoptin

Important:

A 24 hour cancellation notice is required –There will be a \$100.00 charge if no notice is given 24 hours prior to the test date.