STRESS TEST INSTRUCTIONS

24 HRS BEFORE AND ON THE DAY OF THE TEST

✓ Do **not** drink coffee, tea, soda or alcohol (including decaffeinated beverages).
✓ Avoid food and drinks containing caffeine (candies, cakes, brownies, pudding, chocolate milk, hot cocoa, diet supplement bars, etc.).
✓ You may drink water, juice, and milk. **Please keep yourself well hydrated.**
✓ The procedure **may** take up 3 to 4 hours so be prepared. Please bring a snack or light lunch.
✓ Do not eat 3 hours before the test.
✓ Do not exercise before the test.
✓ Do not smoke
✓ Wear comfortable clothing **without** metallic buttons or zippers near the chest area. Bra hooks are okay.
✓ Take all your daily regimen medications the day of exam. If you’re a diabetic **hold** all your diabetic medication including **INSULIN** the morning of the test.

**Patients with unsteady gate or wheelchair bound must be accompanied by a family member at all times.**

***Patients that are crossing the border or any check points need a letter stating that nuclear stress testing was done***

✓ If you have any questions regarding the nuclear stress test, feel free to call our office at (915) 577-9009.

24 HOURS BEFORE STRESS TESTING:

**Avoid over the counter drugs containing caffeine**

ALL STRESS TESTS
Avoid drugs containing Theophylline

- Aerolate
- Slobid
- Theo-Dur
- Constant-T
- Slo-Phyllin
- Theolair
- Elixophylline
- T-Phyl
- Theo-Organidin
- Primatene (tablets)
- Tedral SA
- Theo-Sav
- Quibron
- Theo-24
- Theostat
- Respbid
- Theoclear
- Theo-X
- Slo-Phyllin

ONE DAY BEFORE AND ON THE DAY OF TESTING
TREADMILL OR DOBUTAMINE

Avoid Beta Blocker medications or Calcium Channel Blocker medications

- Tenormin / Atenolol
- Coreg / Carvedilol
- Toprol / Metoprolol
- Lopressor / Metoprolol
- Trandate, Normodyne / Labetalol
- Inderal / Propranolol
- Corgard / Nadolol
- Betapace / Sotalol
- Bystolic

* Cartia
* Diltiazem
* Cardizem
* Tiazac
* Calan