

## Nuclear Stress Test Preparation

Appointment Date \_\_\_\_\_ Time \_\_\_\_\_

- Do not eat, drink or smoke for 4 hours before your test. You may have water. You may have breakfast 4 or more hours before your test: cereal, toast, oatmeal or yogurt.
- Do not eat or drink caffeinated foods or beverages for 24 hours before your test. Caffeine can be found in coffee, tea, chocolate, soft drinks or certain cold or migraine medications.  
**\*Please note: decaffeinated products also contain small amounts of caffeine and may not be consumed.**
- Do not take Aggrenox or any medications/inhalers containing Theophylline for 48 hours prior to your test.
- Wear comfortable, loose fitting clothing. It is helpful to wear a short-sleeved, loose t-shirt. Do not wear shirts or blouses with beads or metal studs, as they will interfere with the pictures.
- Do not wear perfumes, lotions, oils or baby powders. You may wear deodorant.
- This test takes 3 to 4 hours.
- Bring your medications or an up-to-date list of your medications with you.
- Do not take any of the following medications for 24 hours prior to your test:
  - Acebutolol - Secfral
  - Atenolol - Tenormin
  - Betaxolol - Kerlone
  - Betoptic Ophthalmic Celiprolol
  - Bystolic - Nebivolol
  - Coreg - Carvedilol
  - Esmolol - Brevibloc
  - Levobunolol - Betagan
  - Metipranolol - Optipranolol
  - Metoprolol - Lopressor/Toprol
  - Nadalol - Corgard
  - Penbutolol - Levatol
  - Propanolol - Inderal
  - Sotalol - Betapace
  - Labetalol - Nonnadyne
  - Timolol Blocadren/Timohde
  - Timolol Timoptic