



Nuclear Cardiology Stress Test Instructions

1. Your test will take approximately **three hours** from start to finish. If you need to reschedule, please provide us with 24 hour notice. Should you have any questions, please call us at (850) 696-4200.
2. **Eating/Drinking:** Please do not eat or drink **anything after midnight, except plain water.**
3. **Caffeine:** Please do not eat or drink anything with **caffeine (or decaffeinated)** for **24 hours** before your test – to include all beverages & food (such as coffee, tea, soda, chocolate and some over the counter medicines).
4. **Nicotine/Tobacco:** Please do not use any products containing nicotine or tobacco the morning of test.
5. **What to wear:** Please wear loose, comfortable pants or shorts and a short sleeve top that opens in the front (no metal buttons or zippers on the shirt). Skirts and dresses are **not** recommended. Please bring a sweater or light jacket; our waiting area temperature is controlled by building management.
Shoes: Please wear walking or running shoes with rubber soles. **Do not wear heels, flip-flops, or slip-on type shoes.**
6. **Medications:**
Nitroglycerin - Please do not take any nitroglycerin products on day of exam, but please bring it with you.
**** Insulin:** *If you take insulin, please consult your physician as to how to adjust the dose while fasting.*

Please be sure NOT to take any of the following medications 24 hours prior to the test:

BETA BLOCKERS - **CALCIUM CHANNEL**
BLOCKERS -

<i>GENERIC NAME / BRAND NAME</i>	<i>GENERIC NAME / BRAND</i>
Acebutolol / Sectral Lotrel, Azor	Amlodipine / Norvasc, Caduet,
Atenolol / Tenormin, Tenoretic	Bepridil HCl / Vascor
Betagan/ Levobunolol	Clevidipine / Cleviprex
Betaxolol / Kerlone, Betoptic	Diltiazem / Cardizem,
Dilacor, Tiamate, Tiazac	
Bisoprolol/ Zebeta, Ziac	Felodipine / Plendil
Blocadren / Timolol	Isradipine / Dynacirc
Brevibloc / Esmolol	Nicardipine HCl /
Cardene	
Carteolol / Ocupress, Cartrol	Nifedipine / Adalat,
Procardia	
Esmolol / Brevibloc	Nimodipine / Nimotop,
Nymalize	
Carvedilol / Coreg, Coreg CR	Nisoldipine / Sular
Labetalol / Trandate, Normodyne	Trandolapril / Tarka
Levobunolol / Betagan	Verapamil / Calan, Covera,
Isoptin, Verelan	