



Patient Name: \_\_\_\_\_ Date of Appt: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Advanced Heart and Vascular Institute**

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Tel: (602) 507-6002 Fax: (602) 507-4339

Direction for Nuclear Medicine Stress Test

- No Caffeine 24 hours prior to exam. This is very important.** Do not eat/drink coffee, decaffeinated or otherwise, tea, chocolate, soda, energy drinks, energy bars.
- No Nitrates or Beta Blockers 48 prior to exam.** Below is a list of nitrates and beta blockers, please verify these with your current medications and discontinue.

Nitrates	Beta Blockers: <i>Brand Name/ Generic</i>		
Imdur	Kerlone/ betaxolol	Brevibloc/ esmolol	Tenormin/ atenolol
Ismo	Visken/ pindolol	Lopressor/ metoprolol	Corgard/ nadalol
Isosorbide	Levatol/penbutolol	Toprol XL/ metoprolol	Ziac/ bisoprolol
Persantine	Innopran XL/ propranolol	Mormodyne/ labetalol	Coreg/ cardedilol
	Blocadren/ timolol	Trandate/ labetalol	Zebeta/ bisoprolol
	Inderal/ propanolol	Sectral/ acebutolol	Betapace/ sotalol
	Bystolic/ nebivolol		

- Diabetics:** Take ½ the normal dose of long acting insulin the night before, this includes NPH, Humulin-N, Lantus, and Novolin-N. Do not take short acting insulin or oral diabetic medications the day of the exam, this includes Humulin-R, Novolin-R, insulin and those listed below:

**Diabetic Medications**

Actos/ pioglitazone	Glucophage/ metformin	Glipizide/ glucotrol
Amaryl / glimepiride	Glucovance/ glyburide	Starlix/ nateglinide
Avandia/ rosiglitazone	Januvia/ janumet	Glyburide/ diabeta, micronase

Bring your diabetes medications with you so you can take it when the test is complete. **Do not take your diabetes medication and skip a meal before the test.** If you own a glucose monitor, bring it with you to check your blood sugar levels before and after your test. If you think your blood sugar is low, tell office personnel immediately. Plan to eat and take your blood sugar medication following your test.

- The procedure takes approximately **4-5 hours** and you will be permitted to eat and take medication halfway through the exam, so please bring snacks/food and all medications to be taken accordingly.
- No meals 4 hours prior to exam.** Please eat/drink a low fat meal no sooner than 4 hours prior to a nuclear stress test. If scheduled for blood tests or ultrasounds of the abdomen or kidneys, do not eat anything 12 hours prior. **You may drink water at anytime.**
- Please wear exercise appropriate clothing and shoes.** Please no sandals, high-heals or any jewelry.
- Non-English speaking patients will require a translator.**
- Please bring a list of medications.**

\*\*\* Since the imaging material used to take pictures of your heart is very costly and expires within 6 hours of your appointment, meaning it cannot be used on other patients, please reschedule or cancel all tests within 24 hours of appointment time, contact Taylor at ext 200. Failure to do so may result in a charge of \$150.00. \*\*\*