



PATIENT NAME/ACCT# \_\_\_\_\_

JHC PHYSICIAN: \_\_\_\_\_

DATE/TIME: \_\_\_\_\_

## NUCLEAR EXERCISE TREADMILL

### HOW DO I PREPARE FOR THE TEST?

1. **No caffeine for 24 hrs. prior to the procedure.** This includes coffee, decaffeinated beverages, chocolate, tea, soda and certain migraine medications (Excedrin, Anacin, Fioricet, and Fiorinal).
2. You may eat a light breakfast **1-2 hrs.** prior to the procedure. As an example, toast, juice, cereal or oatmeal would be acceptable. If you are diabetic, you may eat a small meal and take your regular diabetic medications.
3. Drink plenty of water the morning of the procedure. We encourage drinking water throughout the morning and during the test. This will help you from becoming dehydrated.
4. Do not take any of the following medications **48 hrs.** prior to the procedure: Pentoxifyllin, Theolair, Theo-24, Theophylline, Respid, Trental, Slo-Bid, Theo-dur, Uniphyll, Aggrenox, Persantine, or Dipyridamole.
5. No nitroglycerine or nitrates the **day of the test.** This includes the nitro patch, sublingual pills, spray or any other form of nitroglycerine (for example isosorbide and nitrobid)
6. Do not take any BETA BLOCKERS for **48 hrs.** prior to the procedure. These include: Acebutolol (Sectral), Atenolol (Tenormin), Bisoprolol (Zebeta Ziac), Carvedilol (Coreg), Carteolol HCL, Diltiazem HCL (Cardizem), Esmolol HCL (Brevibloc), Labetolol (Normodyne, Trandate), Metoprolol (Toprol, Lopressor), Nadolol (Corgard), Nebivolol (Bystolic), Penbutolol sulfate (Levatol), Pindolol Propanolol (Inderal), or Timolol Maleate.
7. Do not take any CALCIUM CHANNEL BLOCKERS for **24 hrs.** prior to the procedure. These include: amlodipine besylate (Norvasc), diltiazem hydrochloride (Cardizem), felodipine (Plendil), nicardipine hydrochloride (Cardene), nifedipine (Procardia), nisoldipine (Sular), verapamil hydrochloride (Calan).
8. Do not take DIGOXIN (Lanoxin, Lanoxicaps, Cardoxin, Digitek) for **24 hrs.** prior to the procedure.
9. If you use inhalers please bring them with you. Bring your medicines/pain medications with you on the day of the procedure so you can take them if needed.
10. Wear loose and comfortable clothing and tennis shoes for walking on the treadmill. Bring a light sweater if you get cold.
11. The total time for the nuclear stress test is 3 hours and 1.5 hours for a PET scan.

**Note: If you are more than 30 minutes late, expect for your procedure to be rescheduled.**

**FOR QUESTIONS, CALL JACKSON HEART NUCLEAR DEPARTMENT**

**JACKSON OFFICE: 601-982-7850, EXT. 152**

(NUCLEAR DEPT. IS ON THE 5TH FLOOR)

**MADISON OFFICE: 601-853-8814**