



PATIENT NAME/ACCT# _____
JHC PHYSICIAN: _____ DATE/TIME: _____

NUCLEAR EXERCISE TREADMILL INSTRUCTIONS

- 1. NO CAFFEINE FOR 24 HOURS PRIOR TO THE PROCEDURE.** This includes coffee, tea, decaffeinated beverages, chocolate, soda and some migraine medications: excedrin, anacin, fioricet, and fiorinal.
- 2.** You may eat a light meal **1-2 hours** prior to the procedure. Examples: toast, juice, cereal or oatmeal. If you are diabetic, eat a small meal and take your regular diabetic medications.
- 3.** Drink plenty of water prior to the procedure. This will help you from becoming dehydrated.
- 4.** Do not take any of the following medications **48 hours** prior to the procedure: pentoxifyllin, theolair, theo-24, theophylline, respid, trental, slo-bid, theo-dur, uniphyl, aggrenox, persantine, and 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 hours** prior to the procedure: acebutolol (sectral), atenolol (tenormin), bisoprolol (zebeta ziac), carvedilol (coreg), carteolol HCL, diltiazem HCL (cardizem), esmolol HCL (brevibloc), labetalol (normodyne, trandate), metoprolol (toprol, lopressor), nadolol (corgard), nebivolol (bystolic), penbutolol sulfate (levatol), pindolol propanolol (inderal), timolol maleate.
- 7.** Do not take any **CALCIUM CHANNEL BLOCKERS** for **24 hours** prior to the procedure. These include: amlodipine besylate (norvasc), diltiazem hydrochloride (cardizem), felodipine (plendil), nifedipine (procardia), nisoldipine (sular), verapamil hydrochloride (calan).
- 8.** Do not take digoxin (lanoxin, lanoxicaps, cardoxin, digitek) for **24 hours** prior to the procedure.
- 9.** If you use an inhaler, bring it with you for the procedure. Bring your medicines (including any anxiety and pain medicines) with you on the day of the procedure, so you can take them if needed.
- 10.** Wear loose, comfortable clothing and tennis shoes for walking on the treadmill. Bring a light sweater or wear a long sleeve shirt, due to the cooler temperature in the clinic.
- 11.** Male patients may want to shave their own chests for EKG lead placement, if needed. Otherwise, a dry shave will be required in the clinic on the day of the test.
- 12.** The total time for your nuclear stress test is 3 hours.

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

FOR QUESTIONS CONTACT: IMAGING DEPARTMENT- 601 982-7850, EXT. 440 OR EXT. 198