



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

JHC PHYSICIAN: \_\_\_\_\_ DATE/TIME: \_\_\_\_\_

## NUCLEAR EXERCISE TREADMILL INSTRUCTIONS

### HOW DO I PREPARE FOR THE TEST?

1. **NO CAFFEINE FOR 24 HOURS PRIOR TO THE PROCEDURE.** This includes coffee, decaffeinated beverages, chocolate, tea, soda and certain migraine medications including Excedrin, Anacin, Fioricet, and Fiorinal.
2. You may eat a light breakfast **1-2 hours** 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.
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, 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 hours** 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 (Levitol), Pindolol Propanolol (Inderal), and 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 hydrochloride (Cardene), nifedipine (Procardia), nisoldipine (Sular), and 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, please bring it with you. Bring your medicines/pain medications with you on the day of the procedure so you can take them if needed. **If you are severely claustrophobic, please call the office prior to your procedure.**
10. Wear loose and comfortable clothing and tennis shoes for walking on the treadmill. Bring a light sweater if you get cold.
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 the nuclear stress test is 3 hours. **Note: If you are more than 30 minutes late, expect for your procedure to be rescheduled.**

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Patient Signature of Acknowledgement

Date

**FOR QUESTIONS CONTACT: JHC IMAGING DEPARTMENT @ 601 982-7850, EXT. 152.**