



1910 Roseland Blvd.
Tyler, TX 75701
Phone (903) 533-0644
Fax (903) 533-0441

Myocardial Perfusion Imaging Testing Preparation Instructions

Date of Test: _____ Arrival Time: _____ Physician: _____

Patient: _____

Treadmill Test: Y N

Your physician has ordered a Nuclear Stress Test. (Treadmill, Lexiscan, or Dobutamine)
Total Time for this test will be approximately 2-2 ½ hours.

Morning Appointments: (starting between 7am-9am) nothing to eat or drink (EXCEPT WATER) past midnight the night before your test. Wear comfortable clothing with NO metal on the shirt. No Overalls or Jumpsuits, No Dresses. Best to wear a short sleeve button down shirt or a short sleeve T-shirt. (NO Metal Buttons). If you are doing a treadmill stress test wear comfortable walking shoes.

Afternoon Appointments: (starting between 11:30 AM-1:00 PM) The instructions are the same as above EXCEPT-you may have a light breakfast before 7:00 AM. Nothing except water after 7:00 AM

- NO CAFFEINE OR ALCOHOL 24 HOURS PRIOR TO TEST!!!!
- NO GUM OR TOBACCO PRODUCTS 12 HOURS PRIOR TO THE TEST!!!!

DRINK AS MUCH WATER AS YOU WANT- HOWEVER, DO NOT ADD ANYTHING TO THE WATER.

MEDICATIONS:

- A. If you are DIABETIC: DO NOT take insulin, Byetta, or Victoza the morning of your test. If you take oral diabetic medication, DO NOT take it the morning of the test.
- B. Take all of your medications EXCEPT the following:
 - a. HOLD 24 hours prior to the test: Carvedilol, Coreg, Metoprolol, Lopressor, Toprol, Atenolol, Tenormin, Betaxolol, Kerlone, Betopic, Bisoprolol, Ziac, Zebta, Esmolol, Brevibloc, Nebivolol, Bystolic, Acebutolol, Sectral, Carteolol, Ocupres, Penbutolol, Levatol, Pindolol, Visken.
 - b. HOLD the morning of the test: Labetaolo, Trandate, Levobunolol, Betagan, Metipranolol, OptiPranolol, Nadolol, Corgard, Propranolol, Inderal, InnoPran, Sotalol, Betapace, Sorine, Timolol, Betimol, Blocadren, Istaolo, Timpotic, Diltiazem, Cardizem, Verapimil, Calan, Tarka, Victoza.
- C. If you use an Inhaler, please bring it with you.

DO NOT take any form of NITROGLYCERIN: Notri-Bid, Notro-Dur, Notrostat, NitroQuick, Isordil, Ismo, Isosorbide, Imdur, Monoket 24 Hours prior to test. NO Nitro Patch.

IF YOU NEED TO CANCEL YOUR TEST, YOU MUST DO SO AT LEAT 24 HOURS PRIOR TO TEST. Failure to do so will result in a \$100.00 missed appointment charge. If you are more than 20 minutes late for your appointment you will be reschedule and charged a \$100.00 rescheduling fee. NO EXCEPTIONS!

Test Instructions were explained to me by: _____

Patient's Signature: _____ Date: _____