

# CARDIOLOGY SPECIALISTS OF ACADIANA

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## Patient Instructions for Regadenoson Nuclear Med Stress Test

A Regadenoson Cardiolite exam has been ordered to diagnose the presence of significant blockages in your heart arteries. Please prepare to spend approximately 2-3 hours in our office to complete this exam.

### DO's:

- Notify our office at least 24 hours in advance if you are unable to keep your scheduled appointment. **Failure to do so will result in you being charged \$150.** The fee also applies if the test cannot be conducted due to these instructions not being followed.
- On the evening before your exam, **DO** drink 16 oz water prior to going to bed.
- **FAST for 4 hours prior to your exam BUT drink one 8 oz glass of water 1 hour prior to your exam.** Diabetics may take orange juice or sugar up to 1 hour before the exam.
- On the day of your exam, you may brush your teeth and rinse your mouth, take morning medication with water, but **do NOT** take any insulin or oral diabetic medication you may have. Insulin pumps are to be used in their usual manner.
- **Depending upon your insurance, be prepared to pay toward your deductible/co-insurance.** Our office staff will contact you about this when benefits are checked.
- You may bring a sweater or light jacket. Wear loose fitting pullover shirt with pants or shorts.

### DON'Ts:

- **For 2 days** prior to the exam, **do NOT** take the following medications:  
Aggrenox      Dipyridamole      Persantine  
Theo-24      Theo-Dur      Theophylline      Uniphyl
- **For 24 hours prior, do not take:** Anacin, Excedrin, Vivarin, No Doz, Fioricet, Fiorinal, Norgesic, or Synalgos-DC.
- **For 24 hours prior, Do NOT have any caffeine:** No chocolate, coffee, tea or soda, incl those labeled as decaffeinated, Crystal Light, or any energy drinks such as Monster, Red Bull, energy bars or any product containing guarana.
- **Do NOT** take any insulin or oral diabetic medication you may have. Insulin pumps are to be used in their usual manner.
- Attn Females: Please do not wear a dress. Pullover shirt w shorts or pants preferred.
- Do not apply any creams, lotions or powder to your chest area the day of the exam.
- This test will not require someone to drive you. Family members are not permitted in the testing area but are welcome to wait in the lobby during your exam.