

# CARDIOLOGY SPECIALISTS OF ACADIANA

315 Rue Louis XIV, Lafayette, LA 70508 ▪ (337) 269-9777

## 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, BC Powder, 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.