

Patient Instructions for Exercise/Walking Nuclear Stress Test

An Exercise Cardiolute exam has been ordered to diagnose the presence of significant blockages in your heart arteries. **This exam requires you to be able to walk on an incline treadmill at an increasing pace. If you are unable to do so, please inform our office immediately.** Please be prepared 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 No Show fee.** This 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 will contact you at the time 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:

Atenolol, Tenormin or Tenoretic	Nadolol, Corzide, or Corgard
Zebeta, Bisoprolol, Ziac or Dutoprol	Sectral or Acebutolol
Propranolol, Inderal or Inderide	Labetalol, Normadyne or Trandate
Timolol or Timolide	Metoprolol, Lopressor or Toprol
Pindolol or Visken	Diltiazem or Verapamil
Carteolol, Cartrol or Ocupress	Bystolic
Cardizem, Dilt-cd Dilacor, Tiazac	Coreg, Carvedilol
- **For 24 hours prior, do not take:** Anacin, BC Powder, Excedrin, Vivarin, No Doz, Fioricet, Fiorinal, Norgestic, 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. A loose-fitting pullover or t-shirt is 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. You will be notified of your test results after your doctor has reviewed them, usually within 1 week.