



## The Queens Heart Institute Nuclear Stress Test Patient Preparation Instructions

**Please follow these instructions prior to your Nuclear Stress Test:**

1. **Do not eat or drink** anything from midnight prior to your appointment check-in time.
2. **Do not smoke** 12 hours prior to your appointment check-in time. Please remove Nicotine patch 12 hours prior to your appointment check-in.
3. **If you have diabetes**, you may nibble on food or sip juice during the testing process to keep your blood sugar stable, only if necessary.
4. **Bring a snack**; you will have an opportunity to eat at some point during the test.
5. **It is OK to take your medications on the morning of the test, unless they are on the list below, or if your doctor has given you specific instructions to hold your medication.** (The list below contains the name brand with the generic equivalent in parentheses.)
6. Wear loose fitting, comfortable clothes, and closed toe shoes.
7. **Do not consume any Caffeine 24 hours prior to your test:** No Coffee (Including Decaf), Tea, Soda Beverages, Chocolate. No Headache Medicine that contains caffeine (like Excedrin, etc.)
8. **Do not take these medications 24 hours prior to your test, unless otherwise instructed by your physician.** Do bring your medications with you to take immediately after the test:

Atenolol – (Tenormin)	Bisoprolol – (Zebeta)
Carvedilol – (Coreg)	Labetalol HCL – (Normodyne, Trandate)
Metoprolol – (Toprol, Lopressor)	Propranolol – (Inderal, Innopran)
Sotalol HCL – (Betapace)	Ivaberdine – (Corlanor)
Diltiazem – (Cardizem, Cartia, Dilacor)	Verapamil – (Calan, Isoptin, Covera)
Sublingual Nitroglycerine (hold 3 hours)	Nitropaste/patch (hold 12 hours)
Ranolazine (Ranexa) (hold 12 hours)	Theophylline (hold 24 hours)
Isosorbide Mononitrate – (Imdur, ISMO) (hold 24 hours)	
Isosorbide Dinitrate – (Isordil) (hold 12 hours)	
Persantine, Dipyridamole, Aggrenox (hold 48 hours)	

**IMPORTANT: If your blood pressure medications are not on the above list, please make sure to NOT SKIP or hold any morning dose prior to your test.**

**For Persons Living with Diabetes:**

1. If you have diabetes, please talk with your ordering physician about restrictions.
2. If you are on an insulin pump that cannot be adjusted, please inform the technician when you arrive to your appointment.)
3. If you are prescribed and are taking oral medication for your diabetes, such as Metformin, please hold your usual morning dose. (Please bring your medications with you to take immediately after the test).

**\*\*48 Hour notice is required for all cancellations**