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## **Patient Instructions for Nuclear Stress Test**

**Total Time:** Approximately 4 hours with a break in between.

**Clothing:** Comfortable shoes and pants, short sleeves; no dresses, jewelry, metal snaps or buttons. Ladies wear a bra, please avoid a bra with underwire. No bath oil, lotion or powder. Deodorant okay.

**Diet:** Light breakfast up to 2 hours prior to your test. Drink water prior to arrival to be well hydrated. **NO CAFFEINE FOR 24 HOURS, THIS INCLUDES DECAFFEINATED COFFEE, TEA, AND/OR SODA.** Please bring a light snack (fruit, yogurt, dry toast) with you. Do **\*NOT** eat cheese, banana, peanut butter or meat.

**Medications: to be stopped 24 hours prior to test and brought with you.**

Acebutolol	Coreg	Lanoxin	Nitrobid
Adalat	Corgard	Lopressor	Nitroglycerin
Amiodarone	Digoxin	Lotrel	Patch
Amlodipine	Dilacor	Metoprolol	Norvasc
Atenolol	Diltiazem	Minitran	Pindolol
Betapace	Dronedarone	Multaq	Propafenone
Bextaxolol	Felodipine	Nadolol	Propranolol
Bisoprolol	Flecainide	Nebivolol	Quinidine
Bystolic	Imdur	Nicardipine	Sotalol
Caduet	Inderal	Nifedipine	Sular
Calan	InnoPran XL	Nisoldipine	Taztia XT
Cardizem	Isosorbide Dinitrate	Nitrobid	Tenormin
Cartia	Isosorbide Monitrate	Nitrodisc	Timolol
Carvedilol	Labetalol	Nitroglycerin	Tizac
	Veralan	Veranamil	Toprol XL
			Zinc

\*\* Diabetics: Oral medications: Do NOT take on morning of the test. Insulin: Take 1/2 your normal dose.

**\*\* Blood thinners are OK to take\*\***

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