



Billings Clinic Cardiovascular Services

Patient Prep for a Nuclear Stress Test

Patient Name: _____ Date and Time of Exam: _____

*This is to inform you of the requirements needed before your Nuclear Medicine stress test. **The study will need to be rescheduled if the instructions about caffeine, eating, or medications are not followed.***

When being scheduled: Check with your physician of any medications that should be held for this study (and for how long). Special attention if you are a diabetic or on an inhaler.

Please notify us if you have a defibrillator or pacemaker so the proper exam is performed.

Notice: The following medications can affect your study.

Listed below: Common Names (Generic Names)

Please hold these medicines for 24 hours prior to the test unless directed otherwise by your physician.

Coreg (carvediolol)	Corgard (nadolol)	Visken (pindolol)
Zebeta (bisoprolol)	Inderal(propranolol)	Tiazac, Cartia, Cardizem (dilitiazem)
Sectral (acebutalol)	Tenorimin (atenolol)	Verelan, Tarka, Calan (verapamil)
Lopressor or Toprol (metoprolol)	Normodyne or Ziac (labetalol)	Imdur, nitroglycerin patch (isosorbide dinitrate)

***If you take Dipyridamole, Persantine, or Aggrenox, hold it for 72 hours before the test.**

***If you take Lasix (furosemide), Demadex (toresmide), or Bumex (bumetanide), please wait until after the exam is completed to take.**

***24 hours prior to exam: No caffeine!** That includes decaffeinated drinks or foods (colas, coffees, teas, chocolate, cocoa, candy); it also includes aspirin products containing caffeine (Anacin, Excedrin, etc.) **No tobacco.** Further instructions as warranted by your physician.

***Day of exam: Nothing to eat or drink for at least 6 hours before the study** (patients scheduled in the afternoon may have juice and toast before 7:00AM); **remain off of caffeine.** No body lotions or creams on your chest; deodorant is OK. Wear a comfortable two piece outfit (no skirts please) and comfortable walking shoes. Please bring your medication **or** an updated list with the dosages taken.

Important points:

Please bring your insurance cards and any co-pay you have for registration purposes. **Allow 3 to 4 hours to complete the exam.** Please call 406-238-2000 for any questions, concerns or if you need to cancel your appointment.