



CLERMONT
CARDIOLOGY

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NUCLEAR STRESS TEST PREPARATION

You will be in the office for testing for approximately 3-4 hours.

_____ EARLY APPOINTMENT: You may have a light breakfast.
For example: toast and juice, but **NO** caffeine or soda.

_____ LATER APPOINTMENT: You may have a regular breakfast
four (4) hours prior to the appointment, but **NO** caffeine.

- ☉ Please drink plenty of water all morning
- ☉ You may take all medications except for heart medications. Hold any heart medications until after the test.
- ☉ Do wear loose clothing and rubber-soled shoes.
- ☉ Do not wear a dress. A loose fitting shirt that buttons in the front is best.
- ☉ Please avoid shirts or blouses with metal buttons.
- ☉ Please do not bring unattended children with you.

- ☉ Please do not take Beta Blocker Medications 24 hours before the test, and Insulin on the day of the test. You may resume all medications after the test.

- ☉ Some Beta Blockers are Atenolol (Tenormin), Metoprolol (Lopressor) Labetolol, Propranolol (Inderal), Coreg, Sotalol, Toprol XL & Betapace.

IMPORTANT: If you are unable to keep your appointment, please contact our office at least **24 hours** before the scheduled time. This policy is important because the nuclear medicine used for the test is very expensive and cannot be reused if a patient does not show up for the appointment.

Stress test appointment: Date: _____ Time: _____