



Nuclear Stress Test Instructions

When to Come:

- Please arrive at least 15 minutes ahead of your scheduled appointment time. If you are not on time, we may need to reschedule you to another day or time.
- We ask that you please notify the office at least two days prior to your appointment if you need to cancel.
- **If you do not show up for your appointment without calling the office at least 48 hours in advance, you will be charged \$190.00 for the wasted nuclear isotope. You are liable for this charge, NOT YOUR INSURANCE.**

What to Wear:

- Wear comfortable two-piece, loose clothing and walking shoes (i.e. tennis shoes)
- Do not wear a dress.
- Do not wear metal buttons or snaps.
- Do not wear an underwire bra.

How Long Will the Test Last:

- The test can take anywhere from two to three hours.
- You may bring reading material for the waiting time.
- Family members may not be present in the test area during patient testing, unless medically necessary, otherwise, family members must wait in the lobby.

Medications:

- Do not take any medication after midnight the night prior to testing.
- Please bring all of your morning medications with you the day of the study.
- If you are diabetic please adjust your insulin or oral medication to your dietary intake.
- **If you have an inhaler, please bring this with you the day of the study.**

Dietary Restrictions and Instructions:

- **ABSOLUTELY NO CAFFEINE** 24 hours prior to your study. No coffee, tea, chocolate, or soft drinks. This includes decaffeinated beverages. Caffeine will alter your scan results.
- **Do not eat after midnight prior to your study.**
- **Please drink two to three glasses of water before coming to the office for hydration!**
- **It is VERY IMPORTANT that you bring a lunch for the day of your study (i.e. sandwich, chips, etc.) and two 16 oz. bottles of water.**

NO SMOKING OR VIGOUROUS EXERCISE EIGHT HOURS PRIOR TO YOUR STUDY

If possible, please do not bring children to the appointment. Please notify the office immediately if you are pregnant or nursing.

If you have any questions or concerns before your test, please feel free to call our staff at **951.352.3937** or **951.369.3525**

The information contained in this website is presented for information purposes only and is not intended to substitute in any way a consultation with a physician or competent healthcare professional for medical diagnosis and/or treatment.