



Younis Cardiology Associates

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Nuclear Stress Test Instructions

You are scheduled a Nuclear Stress test using: Treadmill or Lexiscan (non treadmill)

- Food**
 - You may drink water but no other liquids and nothing to eat three hours before the test
 - Please bring a light snack (fruit, cheese and crackers, etc) **and a bottle of water**
- Caffeine**
 - No caffeinated or decaffeinated products 24 hours prior to the test.
 - This includes soft drinks, tea, coffee, chocolate, energy drinks, Excedrin, and Anacin.
- Clothes**
 - Wear comfortable clothing. Wear running shoes and bring a towel if doing the treadmill test.
- Special Instructions**
 - * If you are pregnant or trying to get pregnant inform our office prior to your test.
 - * If you weigh more than 325 lbs. This test will need to be done over 2 days.
- Medications**
 - **Take all your medication prior to the test with the following exceptions:**

If doing the Lexiscan (non treadmill) test <u>Do not take</u> the following 24 hours prior:	If you are doing the treadmill test <u>Do not take</u> the following 48 hours prior:																														
<table style="width: 100%; border: none;"> <tr> <td style="padding: 5px;">Aggrenox</td> <td style="padding: 5px;">Dipyridamole</td> </tr> <tr> <td style="padding: 5px;">Theo-Dur</td> <td style="padding: 5px;">Aminophylline</td> </tr> <tr> <td style="padding: 5px;">Persantine</td> <td style="padding: 5px;">Theophylline</td> </tr> </table> <p>**If doing the Lexiscan, please bring a caffeinated beverage of your choice to drink <u>after</u> the test as caffeine will reverse the side effects of the medication quickly. (<u>Do not drink</u> it prior to the test)</p>	Aggrenox	Dipyridamole	Theo-Dur	Aminophylline	Persantine	Theophylline	<p>Beta-Blockers such as:</p> <table style="width: 100%; border: none;"> <tr> <td style="padding: 5px;">Atenolol</td> <td style="padding: 5px;">Corgard</td> <td style="padding: 5px;">Metoprolol Succinate</td> </tr> <tr> <td style="padding: 5px;">Bisoprolol</td> <td style="padding: 5px;">Dutoprol</td> <td style="padding: 5px;">Metoprolol Tartrate</td> </tr> <tr> <td style="padding: 5px;">Toprol</td> <td style="padding: 5px;">Bystolic</td> <td style="padding: 5px;">Inderal</td> </tr> <tr> <td style="padding: 5px;">Nadolol</td> <td style="padding: 5px;">Toprol XL</td> <td style="padding: 5px;">Carvedilol</td> </tr> <tr> <td style="padding: 5px;">Inderide</td> <td style="padding: 5px;">Propranolol</td> <td style="padding: 5px;">Zebeta</td> </tr> <tr> <td style="padding: 5px;">Coreg</td> <td style="padding: 5px;">Labetalol</td> <td style="padding: 5px;">Sotalol</td> </tr> <tr> <td style="padding: 5px;">Ziac</td> <td style="padding: 5px;">Coreg CR</td> <td style="padding: 5px;">Lopressor</td> </tr> <tr> <td style="padding: 5px;">Tenormin</td> <td></td> <td></td> </tr> </table>	Atenolol	Corgard	Metoprolol Succinate	Bisoprolol	Dutoprol	Metoprolol Tartrate	Toprol	Bystolic	Inderal	Nadolol	Toprol XL	Carvedilol	Inderide	Propranolol	Zebeta	Coreg	Labetalol	Sotalol	Ziac	Coreg CR	Lopressor	Tenormin		
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- **If you are unsure, please review your medications with one of our staff beforehand**

Time • Test time will range from 3 1/2 to 4 hours.

Cancellations **Cancellations less than 24 hours in advance will be subject to a CANCELLATION FEE OF \$300.00.**

- Nuclear material is being specially ordered and purchased for your test.
- If you need to cancel, please notify our office at least 24 hours prior to your test.
- You must contact us during business hours--after-hours cancellations may not be honored.
- The cancellation fee of \$300.00 covers our cost for the nuclear material we have ordered for you