



Scurlock Tower  
 6560 Fannin, Suite 1750  
 Houston, TX 77030  
 713-790-0400

## Nuclear Stress Test Instructions

- Food:**
- No food or drink for 3 hours before the test (except water)
  - Please bring a light snack and a bottle of water
- Caffeine**
- No caffeinated or decaffeinated products 24 hours prior
  - This includes soft drinks, tea, coffee, chocolate, energy drinks, excedrin, anacin
- Clothing**
- Wear comfortable clothing
  - If exercising, wear running shoes and bring a small towel
- Notes**
- Test time will range 3/12 to 4 hours
  - If pregnant or planning pregnancy, let us know prior to the test
  - For weight over 325lbs, the test will be done over 2 days
- Medications**
- Take all your medication prior to the test EXCEPT:

If doing the <b>Lexiscan (non treadmill)</b> test <b>Do not take the following 24 hours prior:</b>	If you are doing the <b>treadmill</b> test <b>Do not take Beta blockers for 48 hours prior:</b>
Aggrenox	Dipyridamole
Theo-Dur	Aminophylline
Persantine	Theophylline
<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 effects of the medication quickly. (<b>Do not drink</b> it prior to the test)</p>	<p>Metoprolol            Carvedilol            Bisoprolol            Atenolol            Bystolic            Propranolol            Labetalol            Sotalol            Nebivolol</p>

- Cancellations**
- Cancellations with less than 24h notice will be subject to a cancellation fee of \$300
  - You must contact us during business hours. After-hours cancellations may not be honored.
  - The \$300 cancellation fee covers the nuclear material we have ordered in preparation for your test.