

## Nuclear Adenosine Stress Test Preparing For the Test

- **Do not eat or drink anything after midnight the night before the test.** This will help prevent the possibility of nausea during the test. **If your appointment is scheduled at 12noon or after, you may eat a light breakfast 4 hours prior to your test time.** (fruit, salad, clear liquids, etc.)
- **If you are a diabetic, please do not take your diabetic medications (insulin, sugar pills) the night before the test, but do bring the diabetic medications with you.**
- **Please be prepared to be at this appointment for a minimum of 4 hours. Bring a sack lunch with a drink.**
- **Be sure to mention to the doctor or nurse if you have a history of asthma, emphysema, or chronic lung disease. In such a case, the test could cause severe breathing problems.**
- **Please take all medications, as directed by your doctor, with sips of water. Do not take any medications that contain Theophylline (such as Theodur®) for 48 hours before the test.** Such medications may interfere with the test. If you do not know which medications to avoid, please feel free to ask the nurse or clinical technician. **Avoid any medications containing caffeine such as Excedrin®.**
- **Do not eat or drink any products containing caffeine 24 hours before the test such as coffee, soda, tea, chocolate, etc.**
- Before the test, you'll be given an explanation of the test and be asked to sign a consent form. **Feel free to ask the technician any questions.**
- An **IV (Intravenous) line** will be inserted into a vein in your arm, to allow the injection of Persantine (adenosine) and a tracer.
- **Several electrodes** (small stick patches) will be placed on your chest to obtain an electrocardiogram (EKG), a recording of your heart's electrical activity.
- **You will receive 2 phone calls prior to the test. The first call will be a reminder call 7 days before the test. The second call will be a confirmation call 48 hours before the test.**
- ***It is imperative that you call the office at 713-599-1144 to cancel this test within 48 hours to avoid a \$200 "No Show Fee" billed to you, not your insurance company. Do not call on Saturday or Sunday to cancel because the office will be closed.***

**Patient Signature**