

Nuclear Treadmill 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; wear comfortable clothing (jogging pants and t-shirt) and running shoes.**
- **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, except diabetic medications 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 the tracer during exercise.**
- **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