

# Connected Cardiovascular Care Associates

Ph: (214) 814-1550

## Instructions for Nuclear Cardiac Stress Tests

Your physician has ordered a Nuclear Cardiac Stress Test. Please read this carefully and follow all instructions that apply to you. Please allow 2-3 hours for test completion. If you are having multiple tests done on the same day, please plan to be at the practice for a few hours.

**YOUR TEST HAS BEEN SCHEDULED AT Connected Cardiovascular Care Associates FOR:**

Date \_\_\_\_\_ Time \_\_\_\_\_

### **Test Preparation:**

- No caffeine or decaffeinated products 12 HOURS before your test (avoid all soft drinks, chocolate, coffee and tea including decaffeinated coffee and tea which do contain a small amount of caffeine).
- Do not eat or drink anything except water 4 HOURS prior to the test.
- Do not smoke or use any tobacco products 4 hours prior to the test.
- Do not use any nicotine products (include patches, gum, etc.) 4 hours prior to the test.
- Take all your daily medications with water on the day of the test except those listed in the "Medications to Avoid Prior to Testing" unless otherwise instructed by your physician or staff.
- Bring a written list of your medication(s) with you.

**If you have any questions regarding your medication(s), please discuss them with your physician or staff.**

### **Medications to Avoid Prior to Testing:**

- Do not take "Beta Blockers" for 24 HOURS before the test. Beta blockers should not be taken on the morning of the test but bring them to take afterwards (examples of these medicines include Atenolol, Tenormin, Metoprolol, Lopressor, Toprol, Zebeta. **However, if you are on Coreg (a beta blocker), you should take it as usual).**
- If you are on Diltiazem or Verapamil do not take this medicine 24 HOURS before the test.
- Do not take Viagra or Levitra for 48 hours prior to the test.
- Do not take Cialis for 7 days prior to the test.

### **Day of the Test:**

- Women should not wear a dress.
- Men should not wear overalls or coveralls.
- If having treadmill Stress Test Bring or wear a comfortable pair of walking shoes or sneakers with you.
- Wear a comfortable, loose-fitting casual outfit.
- You may bring a snack with you, to eat AFTER the STRESS TEST.

### **Inform the Technologist if you have taken or are/have experienced any of the following:**

- Any Persantine, Dipyridamole or Aggrenox taken within the last 7 days.
- Any asthma, asthmatic bronchitis, wheezing, emphysema or lung disease.
- Any pulmonary inhalers that you have used recently or in the past, or of any breathing treatments required. (Please bring any inhalers with you).
- Any recent worsening of chest symptoms.
- Any recent symptoms suggesting stroke even if these symptoms went away.
- Any Viagra, Levitra, Cialis or similar type medications taken with the last 7 days.

**If you have any questions about these instructions, please consult your physician or staff.**

**\*\*\* Reminder, there is a cancellation fee of \$250.00 for any tests cancelled without 24 HOUR advance notice \*\*\***

**Watch our Nuclear Stress Test video for more information.  
Scan the QR code using the camera on your smartphone,  
or visit [www.texasc3.com/cardiovascular-testing/](http://www.texasc3.com/cardiovascular-testing/)**

