



### **Instructions for Nuclear / PET CT Stress Test**

Your physician has ordered a Nuclear or PET CT Stress Test. Please read the following information carefully and follow all the instructions that apply to you.

**YOUR TEST HAS BEEN SCHEDULED FOR (Date/Time):** \_\_\_\_\_

#### **Test Preparation:**

- Drink plenty of WATER the night before your test and the morning of your test for adequate IV access.
- 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 besides 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 (including patches, gum, vaping, 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.
- For a Nuclear Stress Test, you should expect to be at our office for 2 to 3 hours.
- A PET CT Stress Test takes approximately 1 hour.

**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 a 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 asthma, asthmatic bronchitis, wheezing, emphysema or lung disease.
- Any pulmonary inhalers that you have used recently or in the past, or 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 Patient Education videos for more information. Scan the QR code using the camera on your smart phone, or visit [www.texasC3.com/cardiovascular-testing/](http://www.texasC3.com/cardiovascular-testing/)



Nuclear Stress Test



PET CT Scanner