



Cardiovascular Diagnostics

Preparing for Your Treadmill/Nuclear Stress Test

Your treadmill/nuclear stress test has been scheduled for:

Date: _____

Time: _____

Location: _____

Note: Allot 1 hour for a treadmill stress test or 4 hours for a nuclear stress test.

To help you prepare for this test, follow these instructions.

- Wash with soap that has no lotion (Ivory, Zest or Dial). No lotions or oils can be applied to the chest or abdomen.
- Dress in loose layers (it is cool in the office).
- Wear comfortable walking shoes (no high heels, sandals or backless shoes, please).
- Do not wear clothing with big snaps or metal buttons.
- Do not wear one-piece garments such as overalls, dresses or full slips.
- Bring all medications with you to your appointment.

Limits on Food, Drink and Medicine

- No food or drink **4 hours** before your nuclear test (except meds with a small drink of water), including gum and candy. Upon arrival, you will eat a pack of crackers and drink water after being injected with Cardiolite.
- No food or drink **1 hour** before your treadmill stress test.
- No tobacco products (cigarettes, cigars, pipe tobacco, chew, dip, snuff) **4 hours** before the test.
- No caffeine **24 hours** before your test. Items include:
 - Coffee or tea (brewed, instant or iced, including those labeled “decaffeinated”)
 - Colas, Mountain Dew or drinks that contain caffeine, including those labeled “decaffeinated”
 - All chocolate and cocoa-based products
- No medicines that contain caffeine such as Anacin, Excedrin, BC Powders and Goody’s Powders

- Take all of your medications except those listed below.
- **Withhold the following medications 24 hours before your test unless directed by your doctor:**

Acebutolol	Metoprolol
Aggrenox (48 hours)	Nadolol
Atenolol	Persantine
Betapace	Pindolol
Blocadren	Primatene
Bystolic	Propranolol
Calan	Quibron
Cardizem	Sectral
Carvedilol	Sotolol
Constant-T	Tenormin
Coreg	Theophylline
Corgard	Tiazac
Cover-HS	Toprol
Digoxin	Trandate
Dilacor	Verapamil
Diltiazem	Verelan PM
Dypridamole	Visken
Inderal	Ziac
Labetalol	Zybeta
Lopressor	

Important: If you experience any cardiac symptoms while withholding your medication during this 24-hour period, call our office at once to speak with a doctor, **(864) 455-6900**.

For patients with diabetes: You will eat crackers and drink water soon after your arrival. Take your diabetes medications as needed or you may take them after your crackers.

If you need to reschedule your appointment, **please call our office 24 hours in advance, (864) 455-6900**. The Cardiolite ordered especially for you is expensive and cannot be used past your appointment time.

For more information or additional questions about your test, please visit carolinacardio.com/nuclear-stress-test.