



ELECTROPHYSIOLOGY AND  
PACING INTERVENTIONALISTS

## STRESS CARDIOLITE STRESS TEST STUDY INSTRUCTIONS

### Special Instructions:

- Cancellations:** Notify the office twenty-four hours before the day of the test if you have to cancel your test for any reason; failure to do so may result in you being billed a \$100.00 fee for the unused nuclear agents. The medication used for this test is prepared 24 hours prior to the procedure for each individual patient and it is costly.
- Food and Drink:** Do not have any food or drink (with the exception of water) six hours prior to your test.
- Caffeine:** Twenty-four hours prior to your test you may not eat any food, drink any beverages or take any medications that contain caffeine.  
Examples: All forms of coffee and tea (including decaffeinated); All chocolate drinks; All foods containing chocolate; All cola beverages (including sugar-free and decaffeinated); All carbonated beverages.  
Any medication containing caffeine: Examples include Darvocet, Anacin, and Excedrin.
- Smoking:** Tobacco in any form should be avoided four hours prior to the test.
- Rest:** Try to get a good night's sleep prior to your procedure.
- Clothing:** Comfortable, low-heeled, tightly fitting shoes suitable for exercise should be worn to the test. Loose fitting shoes which may slip off during exercise should not be worn. Wear clothing that is loose and comfortable. Please arrive dressed for exercise. You may change clothes after the test if you desire.
- Diabetics:** Patients on insulin should take  $\frac{1}{2}$  of normal insulin dose the morning of the test. If the patient is concerned about changing insulin dose, refer patient to discuss the change with the physician who is monitoring their diabetic care for further instruction; oral diabetic medications can be taken as normal. Please bring a snack.
- Medications:** Please bring all of your medications with you to the test. You may take routine medications with small sips of water. *Please consult your physician for instructions if you are taking a beta-blocker as they are typically held 5 doses prior to this test.*  
Examples: Corgard, Nadolol, Inderal, Propranolol, Lopressor, Toprol XL, Metoprolol, Sectral, Acebutolol, Tenormin, Atenolol, Zebeta, Ziac, Bisoprolol, Coreg, Carvedilol, Trandate, Normodyne, Labetalol, Kerlone, Betaxolol, Levatol, Penbutolol, Blocadren, Timolol, Pindolol
- Test Duration:** Allow approximately 5 hours or more to complete your test. You will not be permitted to leave at any time during the test. Please bring a light snack with you.
- Recovery Period:** When you leave for the day, you will be permitted to return to normal activity unless otherwise indicated.