



Nuclear Cardiac Department  
 551 N. Hillside, Ste 410  
 Wichita, KS 67214  
 (316) 686-5300 or (316) 651-2684

**Nuclear Stress Test Preparation:**

Please keep in mind that these preparations are necessary so that we may obtain your best possible results. Not following these preparations could result in your appointment being rescheduled.

- **24 hours** before the test **STOP** all caffeine intake (coffee, chocolate, tea, soda, and **DECAF PRODUCTS!**)
- **4 hours** before the test no food or drink; you may have water only.
- If you must eat 4 hours before your test the meal must be very light; you may choose from the following for a light breakfast or snack.

**May Have:**

Toast with jelly only  
 Plain Jell-O  
 Fruit  
 Fruit Juice  
 Water

**May NOT Have:**

Caffeine  
 Dairy products  
 Meats  
 Fatty foods

- Bring any updated insurance information.
- Do **NOT** take **Theophylline** or **Persantine** for 24 hours before your test.
- Do **NOT** take your **beta-blocker** for 24 hours before your test.
- You will be here **at least four (4) hours**. Make sure you can stay the entire time. If you require transportation and/or oxygen use, please arrange for these prior to appointment.
- **Do NOT take your diabetic medications if you do not eat in the morning.**
- **Do take all other medications.**
- Bring a jacket and dress comfortably or in loose fitting attire.
- No family members will be allowed in nuclear rooms while testing. However, family members will be allowed to wait in the waiting area for patients.

**Common beta-blockers (These are not all of them)**

**Generic**

Atenolol  
 Carvedilol  
 Labetalol  
 Metoprolol  
 Propranolol  
 Bisoprolol

**Brand**

Tenormin  
 Coreg  
 Toprol or Lopressor  
 Inderal

**PLEASE NOTE**

This test requires a 24-hour notice of cancellation. You may cancel by calling the Nuclear Department at **651-2684** before noon on the day before your scheduled exam.

**DO NOT CALL YOUR DOCTOR'S OFFICE TO CANCEL YOUR NUCLEAR MEDICINE APPOINTMENT.**

If you do not cancel **24 hours prior** to your exam, the isotope ordered for your exam **WILL BE BILLED TO YOU AND YOU WILL BE RESPONSIBLE FOR THE COST** of \$230.00