



# Digirad

## Nuclear Stress Test Preparation

**Failure to comply with these instructions can result in cancellation of your test**

- Please hold blood pressure medicines such as beta-blockers and calcium channel blockers for at least **24 hours** prior to testing- unless otherwise advised by your physician. A common list of beta-blockers and calcium channel blockers are listed below:
  - Atenolol, Bisoprolol, Bystolic, Calan, Carvedilol, Cardizem, Clonidine, Coreg, Diltiazem, Inderal, Labetalol, Lopressor, Lotensin, Metoprolol, Propranolol, Tenoretic, Toprol, Amlodipine, Nicardipine, Nifedipine, Norvasc, Procardia and Verapamil.
  - Also Erectile Dysfunction medications should be held for 72-96 hours prior to testing such as Viagra or Cialis
- Do not eat or drink anything containing caffeine for 12 hours prior to the test. This includes coffee, tea, soft drinks (including decaffeinated), chocolate, headache meds and powders, and sinus medicines.
- No smoking or nicotine products 4 hours prior to test
- Do not eat or drink anything within 6 hours of the test, except water. **Water intake is encouraged and is actually beneficial.**
- Bring a list of your medications- both prescription and non prescription. Also bring missed morning doses of medicines. They can be taken after nuclear testing.
- If you are an insulin dependent diabetic- please check with your physician for dosing instructions

*If you are unable to make your appointment please notify your physician's office immediately to avoid any "no show" fees.*