

6 Commons Street
Rutland, VT 05701
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NUCLEAR STRESS TEST INSTRUCTION SHEET

Name: _____ DOB: _____

Date of Test: _____ Time: _____

Test Scheduled: Exercise Cardiolute / Adenosine Cardiolute

If you are unable to keep this appointment, 24 hours notice is required. Failure to provide 24 hours notice will result in a charge of \$250.00 to you to cover our costs for the imaging agent and time reserved.

- You may eat up to 3 hours before the test. We will give you a snack while you are here as a part of the test in order to improve the cardiolute images.
- **NO CAFFEINE OR DECAFFEINATED PRODUCTS 24 HOURS PRIOR TO THE TEST**
Examples of drugs containing caffeine are:
 - ✓ Some over-the-counter pain pills, such as Anacin, Excedrin, Gelpirin, Midol
 - ✓ Some non-narcotic pain pills, such as Fiorinal and Fioricet
 - ✓ Some over the counter stimulants, such as No Doz, Vivarin, CaffedrineExamples of drinks or foods with caffeine include:
 - ✓ Coffee and Tea
 - ✓ Colas and most soft drinks
 - ✓ Chocolate in food or drinksDO NOT drink liquids that say “decaffeinated” or “decaf” since they often contain a small amount of caffeine. DO NOT drink herbal teas since some of them contain caffeine.
- NO smoking, smokeless tobacco, or nicotine on the day of the test.
- Please bring ALL CURRENT MEDICATIONS (prescription and over the counter) with you to your test.
- If you are currently taking a Beta-Blocker medication (examples are on the back) or any heart medications, check with your doctor. He or she may instruct you to stop certain medications a day or two prior to the test.
- If you are a diabetic, please call for additional instructions about your diabetes medications.
- Wear comfortable shoes and clothing. Your shoes should be suitable for exercise. You may want to bring a sweater or light blanket since our waiting can be cool even in the summer months. AVOID wearing metal objects around your neck and chest (necklaces, chains, buttons, snaps, underwire bras). Please do not apply lotions, oils or powder to the chest area. Deodorants are allowed. You may want to bring a book to read. Please bring reading glasses so that you will be able to read and sign consent forms. Please note that the test requires approximately 4 hours to complete.

Directions to the office:

Commons Street is located off upper Allen Street across from the Allen Street entrance to the hospital. Turn onto Commons Street between the Ob-Gyn office and the Urology office. Green Mountain Cardiology is a right turn just beyond the blue USPS mailbox and is the building on the right as you turn.

If you have any questions prior to your exam please call us.

BETA-BLOCKERS MAY BE WITHHELD 48 HOURS PRIOR TO TESTING! PLEASE CHECK WITH YOUR DOCTOR.

Atenolol, Corgard, Betaxolol, Labetalol, Nadolol, Tenoretic, Toprol, Acebutolol, Kerlone, Levatol, Propranolol, Lopressor, Coreg, Zebeta, Ziac, Pevatul, Sectral, Trandate, Inderal, Bisoprolol, Carvedilol, Pindolol

SUBSTANCES TO AVOID FOR 24 HOURS PRIOR TO TESTING!

Drinks Containing Caffeine

- ✓ **ALL** coffee and tea (brewed, instant, iced) **REGULAR OR DECAFFEINATED**
- ✓ **ALL** soft drinks (regular, diet, caffeine free) Mountain Dew, Sundrop, Cheerwine

Foods Containing Caffeine

- ✓ **ALL** chocolate products, candy, ice cream, cake, cookies, brownies, pie
- ✓ **ALL** chocolate drinks (milk, cocoa)

Prescription Drugs Containing Caffeine

Fioricet, Migranal, Esgic, Panlor, Fiorinal (all forms), Darvon compound, Wigraine, Norgesic, Cafergot, Synalgos, Norgesic Forte

Over the Counter Drugs Containing Caffeine

Goody's, Excedrin, Midol, Dristan, BC powders, Trigesic, Vanquish, Vivarin, Diet-Pills

Drugs Containing Theophylline

Slo-bid, Respbid, Aerolate, T-PHYL, Quibron, Primatene, Elixophylline, Theo-Dur, Theostat, TheoX, Constant-T, Theolair, Theolair, Theoclear, Tedral

