**CARDIOLITE “*EXERCISE*” STRESS TEST *specific* INSTRUCTIONS**

 If you are scheduled for an “**EXERCISE STRESS TEST”** walking on the treadmill ***DO NOT*** take the following

**BETA BLOCKERS medications 48 HOURS PRIOR TO YOUR TEST** unless otherwise instructed by your doctor:

|  |  |  |
| --- | --- | --- |
| **ATENOLOL (Tenormin)** | **NADOLOL (Corgard)** | **SOTALOL (Betapace)** |
| **BISOPROLOL (Zebata)** | **NEBIVOLOL (Bystolic)** | **LABETALOL (Trandate, Normodyne)** |
| **CARVEILOL (Coreg)** | **PENBUTOLOL (Levatol)** | **METOPROLOL (Lopressor, Toprol XL)** |
|  |  | **PROPRANOLOL (Inderal, InnoPran)** |

**CARDIOLITE LEXISCAN “*CHEMICAL*” STRESS TEST *specific* INSTRUCTIONS**

* If you are scheduled for a **“*non*-EXERCISE CHEMICAL STRESS TEST”** follow your suggested medication schedule.
* Absolutely “***NO CAFFEINE***” 12 hours before the test.

**“ALL PATIENTS” *follow* the remaining instructions for either the “exercise or chemical test.”**

* Drink plenty of water 24 hours before your test; however, ***DO NOT* eat or drink after midnight the day of your test**

 **UNLESS YOU ARE DIABETIC**.

* ***DO NOT*** drink *caffeine* or *any caffeine* related products 12 hours prior to testing.
* Diabetic patients can have a light meal (dry toast, egg, small juice) *4 HOURS BEFORE* your appointment time.
* If you must take other medications this is acceptable with a sip of water.
* Nitroglycerin patches must be taken off 1 hour before testing**.**
* If you use an inhaler, it is vital you bring this with you the day of your test**.**
* Bring a small snack to eat after the stress portion of your test.
* Wear comfortable clothing a loose top/bottoms **without metal snaps or buttons** and **WEAR TENNIS SHOES**. *Do not come to the test with high heels, slippers, boots, or flip flops.*
* ***NO*** nicotine or marijuana products 8 hours prior to your testing appointment.

**IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS** ***DO NOT STOP*** **ANY MEDICATIONS:**



Appointment Date: \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

***Cancellations must be made 24 hours before the day of the test or a $100.00 charge will be applied to your account.***