

CARDIOVASCULAR INSTITUTE OF NEW ENGLAND

Patient Instructions For Nuclear Stress Test

APPOINTMENT DATE AND TIME:

TEST LOCATION: () CRANSTON () WOONSOCKET () WESTERLY

() TAKE ALL MEDICATION UNLESS OTHERWISE INSTRUCTED

PATIENT INSTRUCTIONS:

- **NO CAFFEINE OR DECAF PRODUCTS 24 HOURS BEFORE TEST!**
This includes Tea, Coffee, ALL Soda (even decaf), Energy drinks, Hot cocoa and some cold medications (look at labels that contain caffeine!)
- **NOTHING TO EAT OR DRINK EXCEPT WATER 4 HOURS PRIOR TO TEST!**
Avoid energy bars, chocolate, brownies, candy, chocolate pudding 24 hour prior to test
- Bring a bottle of water with you to stay hydrated!
- Wear comfortable loose fitting clothing. Wear sneakers if walking on the treadmill!
- No skin lotions, creams, or powder on chest!
- **PLEASE BRING YOUR INHALER IF YOU HAVE ONE!**
- Allow 3-4 HOURS for this test. You may bring something to keep you occupied such as a book.
- Please tell your Cardiologist if you have had a seizure in the past 6 months!

***Diabetic patients** only are allowed to have a light breakfast or snack 2 hours prior to test such as toast!

IF YOU CANCEL LESS THAN 24 HOURS FOR THIS APPOINTMENT YOU WILL BE CHARGED \$50.00!

Drinks to avoid



- Coffee (brewed, instant, iced, decaf)
- Tea (brewed, instant, iced, decaf)
- Soda pop (including “caffeine-free”)
- Energy drinks
- Chocolate milk (or chocolate-flavored drinks, including nutritional drinks)
- Hot cocoa

Foods to avoid



- Brownies
- Chocolate pudding, cakes, and candies
- Energy bars

Some medicines to avoid



Over-the-counter drugs with caffeine

Anacin®
(aspirin, caffeine)

Excedrin®
(acetaminophen,
aspirin, caffeine)

Vivarin®
(caffeine)

NoDoz®
(caffeine)

Prescription drugs with caffeine

Cafergot®
(ergotamine tartrate,
caffeine)

Esgic®
(acetaminophen,
butalbital, caffeine)

Fioricet®
(acetaminophen,
butalbital, caffeine)

Fiorinal®
(butalbital, aspirin,
caffeine)

Prescription drugs with dipyridamole (do not take for 48 hours)

Aggrenox®
(aspirin, dipyridamole)

Persantine®
(dipyridamole)

Prescription drugs with theophylline

Elixophylline®
(theophylline)

Theo-24®
(theophylline)

Looking for more support? Register at StressTestCoach.com
to help you get ready for your heart imaging test.