



Nuclear Cardiology Stress Test Instructions

1. Your test will take approximately **3-4 hours** from start to finish. Please bring something to do while you're here – a book, tablet, phone, knitting, etc. If you need to reschedule or if you have any questions, please call Imaging Scheduling at 850-696-4200.
2. **Eating/Drinking:** Please do not eat or drink **anything after midnight, except plain water.**
3. **Caffeine:** Please do not eat or drink anything with **caffeine (or decaffeinated)** for **24 hours** before your test – to include all beverages & food (such as coffee, tea, soda, chocolate and some over the counter medicines).
4. **Nicotine/Tobacco:** Please do not use any products containing nicotine or tobacco the **morning of** test.
5. **What to wear:** Please wear loose fitting, comfortable pants or shorts and a short sleeve shirt that opens in the front (if possible) with no metal buttons or zippers on the shirt. Skirts and dresses are **not** recommended. Please bring a sweater or light jacket; our waiting area can be chilly. **Shoes:** Please wear walking or running shoes with rubber soles. **Do not wear heels, flip-flops, or slip-on type shoes.**
6. **Medications:** If you take any diabetic medicine (for Insulin users, if needed -please consult your physician regarding fasting instructions), asthma/COPD inhalers, or nitroglycerin, **please bring them with you.** You can also bring your daily medicines, as you will have a chance to take them further on into the procedure. **However, please do not take any nitroglycerin products.**

DO NOT to take any of the following medications **24 hours prior** to the test, **if you are unsure about any meds - do not take them, but bring them with you** and we will advise:

BETA BLOCKERS -

GENERIC NAME / BRAND NAME

Acebutolol / Sectral
Atenolol / Tenormin, Tenoretic
Betagan/ Levobunolol
Betaxolol / Kerlone, Betoptic
Bisoprolol/ Zebeta, Ziac
Blocadren / Timolol
Brevibloc / Esmolol
Carteolol / Ocupress, Cartrol
Esmolol / Brevibloc
Carvedilol / Coreg, Coreg CR
Labetalol / Trandate, Normodyne
Levobunolol / Betagan
Metipranolol / Optipranolol
Metoprolol / Lopressor, Toprol-XL
Nadolol / Corgard, Corzide
Nebivolol, Bystolic
Penbutolol / Levatol
Pindolol / Visken
Propranolol / Inderal, Inderide, InnoPran XL
Sotalol / Betapace, Sorine
Timolol / Betimol, Blocadren, Istalol, Timoptic

CALCIUM CHANNEL BLOCKERS -

GENERIC NAME / BRAND NAME

Amlodipine / Norvasc, Caduet, Lotrel, Azor
Bepridil HCl / Vascor
Clevidipine / Cleviprex
Diltiazem / Cardizem, Dilacor, Tiamate, Tiazac
Felodipine / Plendil
Isradipine / Dynacirc
Nicardipine HCl / Cardene
Nifedipine / Adalat, Procardia
Nimodipine / Nimotop, Nymalize
Nisoldipine / Sular
Trandolapril / Tarka
Verapamil / Calan, Covera, Isoptin, Verelan