



East Atlanta Cardiology

Nuclear cardiology laboratory

Instructions to Patients scheduled for stress test

- 1) Do not eat after midnight if you are scheduled for the test prior to 12 noon. Otherwise you can have a light snack with no caffeine- coffee, soda, chocolate, tea before 7:00 AM. You may have ice chips and water
- 2) No caffeine for 24 hours prior to examination – see list of caffeine containing substances
- 3) No smoking for 24 hours prior to examination
- 4) Do not take beta blocker or calcium channel blockers or digoxin (lanoxin) for 24 hours prior to the examination
- 5) Dress comfortably for the exercise part of the test and wear walking shoes or sneakers
- 6) Allow plenty of time for the examination 3- 4 hours
- 7) If you need to cancel please do so in advance otherwise you will be charged for the medication doses ordered for your examination
- 8) Please call if you have any questions 770 322 8881
- 9) An iv will be inserted for test
- 10) If you are diabetic bring a snack or lunch and insulin/meds with you if needed
- 11) Avoid lotion or body oils – to help EKG leads hold.
- 12) If you are over 300 lbs please let us know. You may need a two day study for better results which needs to be planned in advance.

List of Beta blockers and Calcium Channel Blockers

Beta Blockers

Breviblock
Cartrol
Corgard
Inderal
Inderide
Kerlone
Levatol
Lopressor
Procardia
Sectral
Tenoretic
Tenormin
Visken
Propranolol
Metoprolol
Toprol

Calcium Channel Blockers

Adalat
Calan
Carden
Cardizem
Dynacirc
Isophen
Nimotop
Plendil
Nicardipine
Vascor
Nifedipine
Timolide



EAST ATLANTA CARDIOLOGY NUCLEAR CARDIOLOGY LABORATORY

Products Containing Caffeine

The following products contain caffeine and should be held 24 hours prior to stress testing:

- Coffee- both caffeinated or (decaffeinated)
- Tea- both caffeinated or decaffeinated
- Cocoa
- Chocolate milk
- Milk chocolate, dark chocolate, and semi-sweet chocolate
- Baking chocolate
- Chocolate syrup
- Any dessert, ice cream, or any other food containing chocolate
- Any soft drinks- both caffeinated or decaffeinated
- Over the counter drugs- Anacin, Excedrin, or No-Doze
- Prescribed drugs- Cafergot, Darvon compounds, Fiorinal, Synalgos-DCM
Wigraine