



**Colorado Cardiovascular Center**  
**(303) 544-1200**  
***Nuclear Stress Test Instructions***

*Your physician has ordered a nuclear stress test to evaluate the circulation to your heart.*

Please understand that the injection you will be receiving is a time sensitive material that has been ordered specifically for your test. The does cannot be saved or used at a later date because it undergoes radioactive decay. If you are unable to make your scheduled appointment and do not cancel 24 hours in advance, you will be charged a **cancellation fee of \$200.00. This fee cannot be billed to your insurance.**

In order to obtain the most accurate results it is important for you to follow these instructions:

1. **Beta-blocker** medications may interfere with achieving an adequate stress on the heart. Please see reverse side for the complete list: **DO NOT TAKE THESE THE DAY OF YOUR EXAM.** You should take all your other medications as instructed. Please call if you have any questions.
2. Have nothing to eat 3 hours prior to your scheduled appointment. You may drink water and juice (without caffeine) up until your appointment time. If you have difficult veins: **DRINK EXTRA WATER!**
3. No caffeinated or carbonated beverages for at least 12 hours prior to the scheduled appointment. This includes *decaffeinated* beverages, such as coffee, tea, soft drinks, and chocolate.
4. You can expect to be her for at least 2 to 2.5 hours for the nuclear stress test. Please wear or bring comfortable and loose-fitting closing (**NO** one-piece clothing) as well as footwear appropriate for walking on a treadmill. **Do not wear anything containing METAL (bras, buttons, etc).**
5. Please bring a list of your current medications with you to the test.
6. You may also wish to bring a book, magazine, MP3 player, or paperwork to avoid additional stress while waiting. It is not mandatory, however, you may bring a small snack with you to eat at some point during the test.
7. Many patients are concerned about the level of radiation received with a nuclear test. Your radiation exposure will be similar to that receive with a routine chest X-ray.

**YOUR TEST IS SCHEDULED FOR:** \_\_\_\_\_ **AT** \_\_\_\_\_

**(more instructions on reverse)**

**Please do NOT take these medications (beta-blockers) the day of your stress test:**

**NAME BRAND:**

**GENERIC:**

Betapace

Cartol

Coreg

Corgard

Inderal

Kerlone

Levatol

Lopressor, Toprol

Normodyne

Sectral

Tenormin

Trandate

Visken

Zebeta

Bystolic

Sotalol

Cartelol

Carvedilol

Nadolol

Propranolol

Betaxolol

Penbutalol

Metoprolol

Labetalol

Acebutalol

Atenolol

Labetalol

Pindolol

Bisoprolol

Nebivolol

**Please take all other medications not listed above.**