WyoHeart
Leaders in Cardiology Since 1978

Nuclear Cardiac Stress Imaging Instructions

This test gives information about blood flow to your heart muscle and helps the doctor determine if there are blockages in your coronary arteries. There are three parts to the test: resting images, the actual test where your heart is stressed and post-stress images. Expect some waiting periods in between sessions and please **plan to be here for 2 – 4 hours.**

FOLLOW THESE INSTRUCTIONS CAREFULLY OR YOUR TEST MAY BE RESCHEDULED

- **No caffeine the day before the appt and the day of the test** (caffeine includes coffee, decaf coffee, tea, chocolate, soda, Excedrin or other medications containing caffeine). If unsure, check product label. If you take medications called Persantine (dipyridamole), Theophylline or Aggrenox, do not take the day before or the day of this test.
- NOTHING TO EAT FOR AT LEAST 4 HOURS BEFORE YOUR TEST UNLESS YOU TAKE INSULIN: If on insulin take your normal morning dose with a light breakfast (example: 1 slice of toast and juice).
- Non-caffeinated liquids are okay to drink. Come hydrated, this is helpful when receiving an IV.
- IF YOU REQUIRE OXYGEN: bring enough with you to last throughout the test.
- BRING A LIST OF YOUR MEDICATIONS: bring medications with you that you might need, including inhalers.
- IF YOU ARE HAVING A TREADMILL OR DOBUTAMINE TEST and take a beta-blocker: DO NOT take your beta - blocker THE DAY BEFORE AND THE DAY OF YOUR TEST (Metoprolol, Atenolol, Coreg, Labetolol, Propanolol, Inderal, Lopressor, Toprol, and Sotalol) – unless your cardiologist or physician instructs otherwise.
- Wear comfortable, short sleeved top and appropriate shoes if you are having a treadmill test. A change of clothes is recommended, as the Lexiscan medication used can cause diarrhea.

Please enter our south building via the lower entrance at door #2 and check in with the receptionist. If you have any questions or concerns, please call our office at 307-266-3174 or 800-445-3501.

Date of Test _____

Time of Test _____