



# One Heart Care

One Place. Your Heart. Total Care.

## NUCLEAR MEDICINE STRESS TEST INSTRUCTIONS

**PLEASE NOTE THIS TEST USUALLY TAKES 4 HOURS TO COMPLETE**

### **Part A: 48 hours before test**

1. No erectile dysfunction medications.

### **Part B: 24 hours before test**

1. **No caffeine** including:
2. Coffee, tea, decaffeinated coffee/tea, pop/soda, chocolate.

### **Part C: Medications**

1. Check with your ordering physician regarding which medications you may OR may not take before your test date.

### **Part D: Test Day**

1. Patients may have a light meal up to 2 hours before their appointment time. Breads, cereals, fruits etc. Fluids are recommended but **no caffeine!** (See Part B above). Please stay hydrated!
2. If you are diabetic please eat your light meal and take your diabetic medication(s).
3. Bring your medications and a current medications list.
4. You may bring a snack that DOES NOT require refrigeration or heating.
5. Bring reading material or personal device for internet use.
6. If you do not read/speak English well, please bring someone that does.
7. Bring or wear comfortable clothes and running shoes. You will be exercising with your mask on.

NOTE: There is a parking flat rate fee of \$6.00.

### **One Heart Care**

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