

**COMPREHENSIVE HEART CARE, P.A. TOWN & COUNTRY**

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**PATIENT INSTRUCTIONS FOR NUCLEAR STRESS TEST**

**925 GESSNER #630 HOUSTON, TX 77024**

(Adenosine, Treadmill, Dobutamine, Lexiscan)

For ANY and ALL Questions, contact *Evelyn Martinez, R.N, M.S.N., A.P.R.N. at 713-365-2223*

PATIENTS NAME: \_\_\_\_\_

APPOINTMENT DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ WEIGHT \_\_\_\_\_

**\*Are you able to raise your hands over your head? YES or NO \*If No, please let our office staff know\***

***PLEASE FOLLOW INSTRUCTIONS CAREFULLY TO AVOID RESCHEDULING***



**ONE DAY PRIOR TO TREADMILL OR LEXISCAN CARDIOLITE STRESS TEST**



**TWO DAYS PRIOR TO THE ADENOSINE OR DOBUTAMINE STRESS TEST**

1. NO coffee or tea of any kind.
2. NO decaffeinated coffee or tea of any kind.
3. NO colas or soft drinks including those labeled caffeine free.
4. NO chocolate (candy, cakes, cocoa, white chocolate, etc.).
5. NO aspirin products containing caffeine (anacin, exedrin, etc.).
6. NO Persantine (Dipyridamole)
7. No Beta Blockers (Toprol, Coreg, Atenolol, Metoprolol etc.).
8. NO Theophylline type medications.



**THE DAY OF YOUR TEST:**

1. Nothing to eat or drink after midnight the day before the test.
2. Take morning medications as usual with water only except those listed above.
3. NO water pills (diuretics) until after your test.
4. Wear a comfortable two-piece outfit. Avoid wearing dresses, jumpsuits, or clothing with metallic buttons.
5. Wear comfortable walking shoes and BRING A SWEATER OR SOMETHING WARM TO WEAR.
6. Bring a book, sewing or something to help pass the time.
7. Bring your medications with you.
8. Bring a high fat snack (potato chips or peanut butter sandwich) to eat after the stress portion of the exam.
9. Bring your insurance cards with you.
10. If you are a diabetic do not take your diabetic medications the morning of your test, please bring your diabetic medications with you to take after the test.



**IMPORTANT POINTS TO REMEMBER:**

1. Allow 4 ½ to 5 hours to complete exam.
2. The radioisotopes for this exam are a special order.
3. If you are not COMPLETELY mobile you must bring an assistant/caregiver to stay for the duration of the exam.



**THERE WILL BE A CHARGE FOR THE RADIOISOTOPE IF WE DO NOT RECEIVE A 24 HOUR ADVANCE NOTICE OF CANCELLATION OF YOUR APPOINTMENT**

***\*\*\*Please Note: Our nurse practitioner supervises all nuclear stress tests. A physician will be in the office at the same time of your test but not necessarily your physician.\*\*\****

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Appointment Desk

## LIST OF BETA BLOCKERS

| <b>BRAND NAME</b> | <b>GENERIC</b>           |
|-------------------|--------------------------|
| Betapace          | sotalol                  |
| Blocadren         | timolol                  |
| Bystolic          | nebivolol                |
| Cartrol           | carteolol                |
| Coreg             | carvedilol               |
| Corgard           | nadolol                  |
| Corzide           | nadol/ bendroflunetazide |
| Inderal           | propranolol              |
| Inderide          | propranolol/HCTZ         |
| Kerlone           | betaxolol                |
| Levatol           | Penbutolol               |
| Lopressor         | metoprolol               |
| Normodyne         | labetalol                |
| Sectral           | acebutolol               |
| Tenoretic         | atenolol/HCTZ            |
| Tenormin          | atenolol                 |
| Timolide          | timolol/HCTZ             |
| Toprol            | metoprolol               |
| Trandate          | labetalol                |
| Visken            | pindolol                 |
| Zebeta            | bisoprolol               |
| Ziac              | bisoprolol/HCTZ          |

## EYE DROPS CONTAINING BETA BLOCKERS

| <b>BRAND NAME</b> | <b>GENERIC</b> |
|-------------------|----------------|
| Betagan           | levobunolol    |
| AK Beta           | levobunolol    |
| Betoptic          | betaxolol      |
| Optipranolol      | metipranolol   |
| Ocupress          | carteolol      |
| Timoptic          | timolol        |