

## COMPREHENSIVE HEART CARE, P.A.

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### **NUCLEAR STRESS TESTS ARE DONE AT 925 GESSNER SUITE 630 77024** **2 Day PATIENT INSTRUCTIONS FOR NUCLEAR STRESS TEST**

(Adenosine, Treadmill, Dobutamine, Lexiscan)

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

(1<sup>st</sup> Day) APPOINTMENT DATE: \_\_\_\_\_ TIME: 1 PM or 1:15 PM

(2<sup>nd</sup> Day) APPOINTMENT DATE: \_\_\_\_\_ TIME: 1 PM or 1:15 PM

*\*Can the patient raise their arms over their head? YES or NO If the answer is no, provide an explanation to office staff\**

#### **First Day:**

- Expect to be in the office for 1 to 1 ½ hours.
- You may have your insulin and breakfast before 9 am. No food or drinks after 9am the day of the test.

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

#### **24 hrs PRIOR TO TREADMILL OR LEXISCAN CARDIOLITE STRESS TEST**

#### **48hrs 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. Take blood pressure medications as usual with water only except those listed above. (no beta blockers)
2. NO water pills (diuretics) until after your test.
3. Wear a comfortable two-piece outfit. Avoid wearing dresses, jumpsuits, or clothing with metallic buttons.
4. Wear comfortable walking shoes and BRING A SWEATER OR SOMETHING WARM TO WEAR.
5. Bring a book, sewing or something to help pass the time.
6. Bring your medications with you.
7. Bring a high fat snack (potato chips or peanut butter sandwich) to eat after the stress portion of the exam.
8. Bring your insurance cards with you.
9. If you are a diabetic do not take your oral diabetic medications the morning of your test, please bring your

#### **IMPORTANT POINTS TO REMEMBER:**

1. Allow 1 ½ hours each day 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 test.

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

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

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

## LIST OF BETA BLOCKERS

BRAND NAME	GENERIC
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

BRAND NAME	GENERIC
Betagan	levobunolol
AK Beta	levobunolol
Betoptic	betaxolol
Optipranolol	metipranolol
Ocupress	carteolol
Timoptic	timolol