



ADVANCED
HEART & VASCULAR
INSTITUTE

Nuclear Stress Test Appointments

Important Reminders:

- No food or drink after midnight the night before your appointment. If you are diabetic, you may have a small breakfast 3 hours prior to your appointment.
- No caffeine for 24 hours prior to your stress test. Please abstain from consuming coffee, including decaf, tea, caffeinated soda and chocolate.
- Be prepared to be in the office for about four hours as the stress test includes time to take images of the heart before and after the stress test.
- If you are going to be walking on the treadmill, please wear appropriate shoes. We recommend bringing a sweater or a light jacket.
- **If you diabetic or pre diabetic you can eat something light 3 hours before the test.**
- No beta blockers medications

Beta Blockers:

***Acebutolol** (Sectar) * **Atenolol** (Tenormin)

* **Betaxolol** (Kerlone) * **Bisoprolol** (Zebeta, Ziac)

* **Carteolol** (Cartrol)***Carvedilol** (Coreg)

* **Labetalol** (Normodyne, Trandate) * **Metoprolol** (Lopressor, Toprol-XL)

* **Liginopni** * **Penbutolol sulfate** (Levatol)

* **Nadolol** (Corgard)* **Nebivolol** (Bystolic)

* **Pindolol** (Visken)* **Propranolol** (Inderal, InnoPran)

* **Timolol maleate** (Blocadren) * **Sotalol hydrochloride** (Betapace)