



Patient Name: _____

Appointment Date: _____ **Appointment Time:** _____

Cardiac Services Instructions/Preparation

Cardiac Stress Testing: Treadmill, Lexiscan, Dobutamine, Adenosine, Persantine

1. All patients are to be NPO by midnight (or at least 4 hours if scheduled after 11a.m.)
*If patient is diabetic, patient is able to have a piece of toast and orange juice in the morning before checking in
2. No caffeine 12 hours prior to appointment (coffee, tea, soda, chocolate)
3. Bring list of current medication
4. If on a beta blocker, bring the medication with you and Cardiac Services will assess if it should be taken prior to the stress test
5. Dress comfortably and appropriately, with walking shoes if using the treadmill
***Females:** Wear two piece clothing as if going to exercise, and walking shoes
6. Check in directly to 2nd Floor Suite 250, 15 minutes prior to your scheduled appointment, unless otherwise instructed
****Cardio Lab office will call patients the day before to go over questionnaire and provide patient instructions**
7. Procedure time is about 3 ½ to 4 hours with breaks in between, including one to eat or drink (caffeine included). Hospital staff will notify patient.
***Treadmill Only: Procedure time about 1 hour**
8. If you need to reschedule, contact Nuclear Medicine at 485-4607