**PATIENT INSTRUCTIONS**

Scheduled Test:

\_\_ Nuclear Stress Test (3 to 5 Hours) \_\_ Stress Echocardiography (30 to 45 min.)

Date of Test: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ am/pm

**IMPORTANT:** Please **CAREFULLY** read and comply with all instructions in order to avoid rescheduling.

**24 HOURS BEFORE YOUR TEST (*see list on back*).**

* **NO coffee or tea of any kind.**
* **NO decaffeinated coffee, tea of any kind, including herbal tea.**
* **NO colas or soft drinks including those labeled caffeine free.**
* **NO chocolate (candy, cake, pies, cocoa, white chocolate, etc.).**
* **NO Anacin, Excedrin, or any other aspirin products containing caffeine.**
* **NO smoking. Doing so will make testing difficult.**
* **NO beta blockers or calcium channel blockers- (*see list on back*) unless otherwise instructed by your physician.**

**THE DAY OF THE TEST**

* **Nothing to eat or drink 8 hours before the test.**
* **Please avoid oil, lotion, powder and perfume. Wear comfortable clothes and shoes.**
* **DIABETICS – Do not take your diabetes pills or insulin on the morning of the test. You may take your diabetic medications after the test.**
* **Bring your scheduled cardiac medications with you to take as directed by the technician after the test.**
* **Nuclear Stress Patients Only – Please bring a small, fatty snack, (milk, cheese, or yogurt) with you to eat during the test. If you are unable to bring a snack, you can purchase one from the cafeteria.**
* **PLEASE DO NOT BRING CHILDREN UNDER THE AGE OF 13 TO THE TEST.**

**\*\*\* NOTICE is required for all cancellations. Failure to keep your appointment without notifying our office at (202) 726-7474 by twelve noon the day before your test or by noon Friday, before Monday studies will result in a charge $114.00 to $250.00**

*CCC IMAGING CENTER*

*106 IRVING STREET NW, SUITE 3200N*

*WASHINGTON, DC 20010*

*202-726-7474*

*(Physician’s Office Building, North Tower)*

**Must be discontinued for 24 hours prior to appointment (also check the label)**

**Caffeine and decaffeinated food products & beverages:**

**Coffee: any kind, brewed instant, or iced.**

**Tea: any kind, brewed instant, or iced.**

**Decaffeinated Coffee and Tea: any kind, brewed, instant, or iced.**

**Chocolate: candy, cake, baking cocoa, pudding, milk, brownies, dark, baker’s, semisweet, ice cream**

**Soda Cola: Coke, Diet Coke, Pepsi, Diet Pepsi, Mountain Dew, Dr. Pepper, Diet Dr. Pepper, Tab, Jolt, Mellow Yellow, Mr. Pibb.**

**Common & OTC Drugs: Anacin, Cafergot, Darvon Compound, Esgic, Exedrin, Fioricet, Fiorinal, Migraine Medications, No-Doz, Norgesesic, Norgesesic Forte, Vivarin.**

**Do not take the following medications after 12 noon the day before your test**

|  |  |  |
| --- | --- | --- |
| Acebutolol | Diltiazem | Sotalol |
| Atenolol | Inderal, Inderal LA | Tarka |
| Betapace | Inderide, Inderide LA | Tenormin |
| Betaxolol | Isoptin | Tenoretic |
| Bisoprolol | Kerlone | Tiazac |
| Blocadrem | Labetalol | Timolol |
| Bystolic | Levatol | Toprol, Toprol XL |
| Calan | Lopressor, Lopressor HCT | Trandate |
| Cardizem | Metoprolol | Verapamil |
| Cartia | Nadolol | Verelan (SR) |
| Carvedilol | Nebivolol | Visken |
| Coreg | Penbutolol | Zebeta |
| Corgard | Pindolol | Ziac |
| Covera | Propanolol |  |
| Dilacor | Sectral |  |