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PRACTICE LIMITED TO CARDIOVASCULAR DISEASES

TEST INSTRUCTION SHEET

CARDIOLITE, ADENOSINE, PERSANTINE OR DOBUTAMINE STRESS TEST

ALL STRESS TESTS MUST BE VERBALLY CONFIRMED PRIOR TO TEST

- 1) We will contact you prior to the test. If a message is left, please call and confirm the appointment by 3 PM of the day prior to the test. **Without confirmation, the appropriate isotope will not be ordered and the test will have to be rescheduled.**
- 2) **24-hour caffeine free prior to your test.** This includes decaffeinated products. No coffee, tea, soda, or chocolate. No Fioricet. No Excedrin. No iced tea or chocolate milk.
- 3) **No food 3 hours prior to test,** but you may have as much water as you like. Bring a container of juice with you and a snack, such as a sandwich, crackers, or fruit. You will be able to eat following administration of the Cardiolite and prior to your scan.
- 4) **Take all your medications as usual, unless otherwise indicated by the doctor at your last visit.**
- 5) **Bring all your medications with you.** If you use an inhaler, please bring it with you also.
- 6) **Wear comfortable clothing and sneakers or walking shoes.**

EXERCISE STRESS TEST/STRESS ECHOCARDIOGRAM:

3 hours prior to test, please have no food. Wear comfortable clothing, sneakers or walking shoes. Take all medications unless otherwise indicated by your doctor.

NAME _____ DATE: _____ TIME: _____