

CARDIOVASCULAR CONSULTANTS, P.A.

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Preparation for Exercise, Lexiscan, and Adenosine Nuclear Stress Tests

- **PLEASE BRING WITH YOU YOUR REFERRAL AND THE PHYSICIAN REQUEST / ORDER FOR YOUR TEST** (If your test was ordered by a physician at Cardiovascular Consultants, your order will be at our office in your chart). A written order **MUST BE** presented (state law), or your test will be cancelled and you will be charged the cost of the isotope ordered specifically for your test.
- **DO NOT CONSUME CAFFEINE THE DAY BEFORE AND THE DAY OF your test** (this includes chocolate, coffee, tea & decaffeinated products -- see attached list).
- **DO NOT EAT 3 HOURS PRIOR TO YOUR TEST.**
- **DRINK PLENTY OF WATER THE DAY BEFORE YOUR TEST & DRINK 2 CUPS OF WATER PRIOR TO COMING FOR YOUR APPOINTMENT. YOU DO NOT HAVE TO HAVE A FULL BLADDER FOR YOUR TEST.**
- Avoid using any lotions, colognes, or powders on your chest on the day of the test. You may use deodorant and lotions elsewhere on your body.
- Wear comfortable tennis shoes and a **short sleeve T- shirt. Women please wear a 2-piece outfit – a button down shirt is ideal.**
- **No smoking after 10 pm the night prior to your test.**
- **Your test takes approximately 3-5 hours to complete.** Several 40 minute rest periods are required portions of this test. You may wish to bring reading materials and a snack with you. You will be able to eat after the exercise or pharmacologic portion of your test.

- **DO NOT TAKE Beta blockers the day before or the day of the test (36-48 hours prior to your test) (unless otherwise advised by your physician).** You may resume after testing is completed. (see attached list)
- **DO NOT TAKE calcium channel blockers the day before the test or the day of the test (36 – 48 hours prior to your test) (unless otherwise advised by your physician).** You may resume after testing is completed. (see attached list)
- **DO NOT TAKE theophylline containing preparations the day before the test or the day of your test (unless otherwise advised by your physician).** You may resume after testing is completed. (see attached list)

***Please Note: Failure to provide 24-hour notice or to follow the instructions will result in your being billed \$125.00 for the cost of the nuclear isotope purchased for your test, which is not covered by insurance.**

Supplemental List

Please pay attention to the requirements listed below. **If these instructions are not followed, you will NOT be able to have your test performed and WILL be charged the cost of the nuclear isotope.**

Call if you have questions about your specific medications.

1. **DO NOT** take the following medications called beta blockers (listed below) the day before or the day of the test (36-48 hours prior to your test) unless otherwise directed by your physician.

| | |
|----------------------|-------------|
| Atenolol | Nadolol |
| Acetbutolol | Nebivolol |
| Betapace** | Pindolol |
| Bisoprolol | Penbutolol |
| Blocadren | Propranolol |
| Bystolic | Sectral |
| Carvedilol | Sotolol |
| Coreg | Tenormin |
| Corgard | Tenoretic |
| Inderal | Timolol |
| Labetolol | Toprol |
| Levatol | Trandate |
| Lopressor | Zebeta |
| Metoprolol tartrate | Ziac |
| Metoprolol succinate | |

2. **DO NOT** take the following medications called calcium channel blockers the day before your test or the day of the test unless approved and directed by your physician.

| | |
|-----------|-----------|
| Calan | Isoptin |
| Cardizem | Tarka |
| Cartia | Tiazac |
| Covera | Verelan |
| Dilacor | Verapamil |
| Diltiazem | |

3. **DO NOT** take the following medications containing Theophylline the day before the test (24 hours prior to your test) unless otherwise directed by your physician.

| | |
|--------------|-----------|
| Aerolate | T-Phyl |
| Elixophyllin | Theo-24 |
| Quibron | Theo-Dur |
| Respbid | Theochron |
| Slo-bid | Theolair |
| Slo-Phyllin | Uniphyll |

4. **Caffeine interferes with your test and the results.** If caffeine is consumed, your test will require cancellation. *****DO NOT EAT / DRINK Caffeinated products the day before or the day of the test prior to stress testing******

Examples of Caffeinated Products:

(this list is not all inclusive)

DRINKS CONTAINING CAFFEINE:

Coffee – brewed, instant, decaffeinated

Tea – brewed, iced, instant

Colas - Coca-cola, diet cola, Tab, Pepsi, Diet Pepsi, Dr. Pepper, Caffeine free colas, Mr. Pibb, Mellow Yellow, Mountain Dew, Root Beer

Chocolate milk, Cocoa, Hot chocolate

Sports drinks containing caffeine: Red Bull

FOODS CONTAINING CAFFEINE:

Chocolate candy, Baking chocolates, Chocolate cake, Chocolate pudding

MEDICATIONS CONTAINING CAFFEINE:

| | | |
|----------|----------|----------|
| Anacin | Floricet | Excedrin |
| Cafergot | Fiorinal | |
| Esgic | Norgesic | |

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I have been given verbal instructions and/or have read and understand the instructions provided to me regarding the preparation for my nuclear stress test. I understand that if I do not follow the instructions OR do not show for my testing that I will be billed \$125.00 for the nuclear isotope ordered specifically for my test.

Signature

Printed Name

Date