

Instructions for Nuclear Cardiology Stress Tests
TEST LOCATION: 1701 SOLAR DRIVE, SUITE 150, OXNARD, CA 93030
PHONE (805) 278-4020

1. Please do not eat or drink (except sips of water) **4 hours before** your test time.
2. No caffeine **24 hours before** your test (no coffee, tea, chocolate, caffeinated soda and carbonated drinks, as well as medications such as Davron, Anacin, Excedrin and Fiorinol).
3. Please wear or bring sneakers or rubber soled shoes for the treadmill.
4. Please wear or bring comfortable clothes that allow for exercise. Women separate top and bottom. No dresses please.
5. Please do not apply any skin creams, lotions or powders to your chest area on the day of your test.
6. **Please do not take your Beta Blocker the night before or morning of your test**, unless your doctor advises you to continue your medication.
7. **Bring a snack and bottled water or juice** to your appointment. Eating after the injection of imaging material, helps the image quality.

BETA BLOCKERS INCLUDE:

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| *Acebutolol (Sectral) | *Atenolol (Tenormin, Tenoretic) |
| *Betaxolol (Kerlone) | *Bisoprolol (Zebeta, Ziac) |
| *Bystolic | *Carteolol (Cartrol) |
| *Carvedilol (Coreg) | *Esmolol (Brevibloc) |
| *Labetalol (Trandate, Normodyne) | |
| *Metoprolol (Toprol, Lopressor, Lopressor HCT) | |
| *Nadolol (Corgard) | *Penbutolol (Levatol) |
| *Pindolol (Visken) | *Sotalol (Betapace) |
| *Propranolol (Inderal, Inderide LA) | |
| *Timolol (Blocadren, Timolide) | |

***This procedure takes 3 hours to complete**

***For female patients of child bearing years**, a negative pregnancy test is required within **5 days before** your appointment. Please discuss this with your doctor.

****If you are unable to keep your scheduled appointment, please call our office to reschedule at least 24 hours in advance.***

***If you have any questions please call our office at (805) 653-0101 or (805) 278-4020.**