

Appt. Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM/PM

## INSTRUCTIONS FOR NUCLEAR MEDICINE PATIENTS

1. No caffeine products after noon the day before the test. This includes but is not limited to: coffee, **decaf** coffee, tea, chocolate, Excedrin, colas, Mountain Dew, etc.
2. If you are on aggrenox or diprydamole do not take for 48 hours.
3. Your physician wants you to hold the following medications for 24 hours *when circled:*

Coreg	carvedilol	
Corgard	nandolol	
Inderal	Inderal LA	propranolol
Lopressor	Toprol XL	metoprolol
Sectral	acebutolol	
Tenorim	atenolol	
Trandate	Normodyne	labetalol
Zebeta	bisoprolol	
Ziac	Other: _____	

4. You may eat up to 4 hours prior to the test. After that drink only water. Please drink at least 2 cups during this time so you will be hydrated.
5. It is important to shower the day of the test and do not use oils or lotions.
6. Wear comfortable clothing and walking shoes. Do not wear shoes with slick soles or high heels. Do not wear dresses or one-piece jumpsuits.
7. Our nurses will attempt to reach you the day before the test to go over instructions. Please call if you don't hear from us or have any questions.
8. The test will last about 1 ½ to 2 hours.
9. Only the patient is allowed in the testing area.

**Please Note:** A dose of medication that costs \$200.00 will be ordered specifically for you. We ask that if you are unable to make your appointment, please contact our office no later than 8:30 the morning of your test. We can be reached at (509) 838-2531 or (800) 776-4048 Ext. 2900. If we do not hear from you, you may be responsible for the cost of the medication.