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## NUCLEAR STRESS TEST PREP INSTRUCTIONS

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

**LOCATION:** Utah Cardiology – 2132 N 1700 W #200 – Layton (Robert Bitner Bldg.)

**PHONE: (801) 776-0174**

**IF YOU ARE UNABLE TO KEEP THIS APPOINTMENT OR HAVE QUESTIONS, PLEASE CALL US BEFORE 4:30PM ON THE BUSINESS DAY BEFORE YOUR TEST.**

**PLEASE READ AND FOLLOW ALL LISTED BELOW:**

1. **Nothing to eat or drink after midnight.**
2. **NO CAFFEINE** products **24 hours** prior to test (i.e. coffee, sodas, tea, chocolate, Fioricet, Anacin, Excedrin, etc.), or other items such as alcohol and cigarettes.
3. Wear comfortable clothes and walking shoes. Please no 1-piece dresses or jumper style suits.
4. Please **DO NOT** apply lotion to your chest the day of your test.
5. This test takes approximately **3 hours** to complete. **Family members or friends will not be allowed to wait in the testing area.**
6. Please **DO NOT** take your daily oral medications unless instructed otherwise by your doctor. Please **DO NOT** take Aminophylline or Theophylline within 24 hours of your test.
7. **Please do not take the following medications for 24 hours prior to your test:** Carvedilol (Coreg), Metoprolol (Toprol, Lopressor), Atenolol (Tenormin), Propranolol (Inderal), Timolol
8. Medications you **MAY** take morning of exam: Inhalers, chronic pain medications (Lortab, Morphine, Percocet etc). **DO NOT** take if they contain caffeine.

**FAILURE TO FOLLOW THE ABOVE INSTRUCTIONS MAY REQUIRE THAT WE RESCHEDULE YOUR TEST**

