



Patient Instructions: Stress Test

Scheduled Test:

Nuclear Stress Test

Stress Echocardiography

Date of Test: _____ Arrival Time: _____ am/pm

Instructions: The nuclear stress test will take **three to five** hours to complete. The stress echocardiogram test will take **30-45 minutes** to complete.

- **Do Not Eat or Drink** anything after midnight the night before the test.
- Wear **comfortable clothes and shoes** on the day of the test.
- You may take necessary medications with a sip of water on the morning of the test. It is essential that you **take your blood pressure medication** on the morning of the test before you leave home.
- **Do Not Take The Following Medications:** **Lopressor/Metoprolol/Tenormin/Toprol/Atenolol/Inderal/Propranol/Coreg/Carvedilol/Labetolol/Bystolic/Verapamil/Diltiazem.** Hold these medications **the day before and the day of the test**, unless instructed otherwise by your physician.
- Do not consume caffeinated beverages (coffee, tea, soda) or take Theophylline medications (Theo-Dur) for two days prior to the test.
- **Diabetics: Do Not** take your diabetes pill or insulin on the morning of the test. You may take your diabetes medication after the test.
- Please bring **patient referral slip, and medications** with you on the day of the test.
- **Nuclear Stress Patients Only:** Please bring a small, fatty snack, (for example: **milk, cheese, yogurt**) with you to eat during the test. If you are unable to bring a snack, you may purchase one from the cafeteria or gift shop.
- Please **Do Not Smoke** for 24 hours prior to testing. Doing so will make testing difficult.
- If your test is at CCC Imaging Center, please check-in at Suite 201. If you are a new patient, please check-in and register at Suite 100 in the DePaul building.
- **PLEASE DO NOT BRING CHILDREN UNDER THE AGE OF 13 TO THE TEST**

Location:

- **CCC IMAGING CENTER: 1150 VARNUM STREET NE, SUITE 201, WASHINGTON, DC 20017 (202)832-1800**

(From Providence DePaul Main Entrance: Bear right past information desk. Take Gold Door Elevators to 2nd floor. Suite 201 is on your left before the double doors)

Notice: Failure to keep your appointment without notifying our office at (202)832-1800 by twelve noon the day before your nuclear medicine test or by noon the Friday before Monday studies will result in a charge to your account. Due to the high cost of the radioactive tracers used when performing a nuclear stress test, we require 24 hours notice if you are unable to keep your appointment. If such notice is not given, you will be charged a non-refundable fee for unused tracers. The cost ranges between \$114 and \$250.00 depending on the dose/test you require.

Signature: _____