



The Heart Care of Central and Northern Wisconsin

500 Wind Ridge Drive, Wausau, WI 54401, Phone 715-847-2611
2275 North Shore Drive, Rhinelander, WI 54501, Phone 715-361-3000
Toll Free Phone 800-441-4013
Website: www.canw.org

INSTRUCTIONS FOR NUCLEAR STRESS TEST

Your physician has scheduled you for a nuclear stress test. Your appointment time is:

TIME: _____

2 Day Exam Return Date

DATE: _____

WHERE: _____

Time arranged at first visit.

Please report **at least 15 minutes prior to your appointment time** to allow for patient registration.

PATIENT PREPARATION

- **No food** or liquids at least four (4) hours before.
- **No foods containing caffeine** such as coffee, **including decaffeinated coffee**, chocolate, tea, soda pop and caffeine containing aspirin, for at least twenty-four (24) hours.
- **Do not smoke (4) hour's prior to test.**
- Please wear comfortable clothing and shoes for exercise. The exam your physician scheduled you for is a two-part test. Part one consists of a stress test and images of the heart. Part two consists of a rest images of the heart. Upon arrival to the Nuclear Medicine Department, you will be instructed with when each part will be performed.
- The exam could take approximately five hours.

If you are on any of these medications listed below, including those circled, do not take 24 hours prior to test unless otherwise directed.

Acebutolol
Atenolol
Betaxol
Bisoprolol
Blocadren
Carvedilol
Coreg
Corgard
Corzide
Inderal
Inderal LA
Inderide
Inderide LA

Innopran XL
Insulin
Kerlone
Labetolol
Levitol
Lopressor
Lopressor HCT
Metoprolol
Nadolol
Normodyne
Normozide
Penbutolol
Pindolol

Propranolol
Sectral
Tenoretic
Tenormin
Timolide
Timolol
Toprol
Trandate
Visken
Zebeta
Ziac

If you have any questions, please call (715) 847-2611 or 1-800-441-4013.