

Florida Heart Associates 938-2065

You have been scheduled for a Nuclear Stress Test at _____ on _____.

1. **No caffeine for 12 hours prior to the test.** This includes all coffee, tea, sodas and chocolate, **even if they are decaffeinated.** Coffee that is labeled “decaf” can have a substantial amount of caffeine in it.
2. Testing takes approximately 3 to 4 hours.
3. Early morning patients (7:00-8:15): Please do not eat or drink anything **except water** after midnight the night before your test.

Sessions between (11:45-12:30): May eat a light breakfast or drink water, juice or white milk until _____ am. (6 hrs before your appointment). **You may drink only water.**

4. You will be allowed to have a snack and a drink after your stress portion is done. Bring a snack if you desire. Coffee and cold drinks will be provided.
5. Wear a short-sleeved buttoned shirt with no metal snaps or decorations. A loose fitting shirt is also acceptable. Wear pants or shorts, **not dresses.** Please wear a bra, but not long-line undergarments or full slips.
6. Wear comfortable walking shoes if you will be walking on the treadmill. No flip-flops or backless shoes will be allowed on the treadmill.
7. Bring a jacket or sweater if you desire. The department is cool.
8. **PLEASE NOTE:** Pregnant women, babies and children under the age of 18 will not be allowed in the nuclear waiting room. Please make other arrangements for someone to care for them.
9. **PLEASE NOTE:** If you are here for multiple tests, they will be done per the scheduled time and you may be here longer.

A nurse will call you 1 to 2 days in advance to review these instructions and discuss your medications.

If you need to cancel your appointment, please call at least 24 hours in advance to avoid a \$125.00 isotope wastage fee. If you miss your appointment an additional \$40 will be charged.