



### **Nuclear Treadmill Stress Test:**

Please check in at Oregon Heart Center, 610 Hawthorne Ave. SE.

Date: \_\_\_\_\_ Time: \_\_\_\_\_.

- ✓ **NON-CAFFEINATED CLEAR LIQUIDS ALLOWED the morning of your appointment.**
- ✓ **NO SOLID FOOD 4 HOURS PRIOR TO APPOINTMENT TIME.**
- ✓ **NO COFFEE, DECAF COFFEE, TEA, DECAF TEA, HERBAL TEA, SODA, CAFFEINATED BEVERAGES, OR CHOCOLATE FOR 12 HOURS PRIOR TO YOUR APPOINTMENT TIME.** Do not take **Excedrin, Anacin, caffeine tablets, or other caffeine-containing medications** for 12 hours prior to your appointment time.
- ✓ An IV will be placed when you arrive for the exam.
- ✓ Stop all Beta Blockers and Nitrates 24 hours prior to your test. (See attached list for more information).
- ✓ Please allow 2 to 3 hours to accomplish the scan. Feel free to bring reading material or electronic devices to occupy your wait time involved with the exam.
- ✓ Please wear comfortable, loose fitting clothing; shorts or pants and a t- shirt. No metal button, zippers, or jewelry from the waist up. Do not use body lotions or oils on the chest or arms that day.
- ✓ Please be advised, you may be asked to remove your undergarment from your upper body that interfere with the imaging portion of the test. A gown will be provided if needed.
- ✓ **If you are taking any medication that contain Aminophylline, Theophylline, Persantine (dipyridamole) or Aggrenox, please stop this medication for 24 hours prior to your appointment time.**
- ✓ If you are diabetic and have a morning appointment, hold insulin and/or oral diabetic medication the morning of your test and bring glucometer and insulin/diabetic medication to the appointment.
- ✓ If you are diabetic and have an appointment after 12 pm, eat a light breakfast before 8 am (no caffeinated beverages). Take insulin and/or oral diabetic medication with meal. Bring glucometer and insulin/diabetic medication to the appointment.
- ✓ If you use inhalers, please bring them with you.
- ✓ Please bring a current list of your medications including dosages.

**Important Notice:** Failure to cancel the appointment within **48** hours from the scheduled appointment time, the patient will be responsible to pay for the specific patient ordered nuclear isotope.

**Fees:** Nuclear Isotope \$ 430.00

I have read the following disclaimer and acknowledge that I (the Patient) will be responsible to pay a total of \$430.00, if I fail to call in 48 hours from the scheduled appointment time, or do not show up for the appointment.

**If you have any questions, please call Oregon Heart Center at 503-814-4440.**



## DO NOT TAKE ANY OF THE FOLLOWING MEDICATIONS FOR 24 HRS PRIOR TO YOUR STRESS TEST

(Do not stop Sotalol or Betapace unless directed to do so by your cardiologist.)

### BETA BLOCKERS:

|            |                     |           |               |
|------------|---------------------|-----------|---------------|
| Acebutolol | (Sectral)           | Coreg     | (carvedilol)  |
| Atenolol   | (Tenormin)          | Corgard   | (nadolol)     |
| Betaxolol  | (Kerlone)           | Inderal   | (propranolol) |
| Bisoprolol | (Zebeta)            | InnoPran  | (propranolol) |
| Blacadren  | (timolol)           | Kerlone   | (betaxolol)   |
| Bystolic   |                     | Levatol   | (penbutolol)  |
| Carvedilol | (Coreg)             | Lopressor | (metoprolol)  |
| Labetalol  | (Normodyne)         | Sectral   | (acebutolol)  |
| Metoprolol | (Lopressor, Toprol) | Tenormin  | (atenolol)    |
| Nadolol    | (Corgard)           | Toprol XL | (metoprolol)  |
| Penbutolol | (Levatol)           | Trandate  | (labetolol)   |
| Pindolol   | (Visken)            | Visken    | (pindolol)    |
| Propanolol | (Inderal, InnoPran) | Zebeta    | (bisoprolol)  |
| Timolol    | (Blacadren)         |           |               |

### CALCIUM CANNEL BLOCKERS:

|                       |
|-----------------------|
| diltiazem<br>cardizem |
|-----------------------|

### NITRATES/VASODILATORS:

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|--|
| nitroglycerin (glyceryl trinitrate or GTN)<br>isosorbide dinitrate<br>isosorbide mononitrate<br>dipyridamole<br>Aggrenox |
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