



**HEART &  
VASCULAR  
CLINIC**

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### INSTRUCTIONS FOR NUCLEAR STRESS TEST

Patient Name: \_\_\_\_\_ Date of Test: \_\_\_\_\_ Time of Test: \_\_\_\_\_

**IMPORTANT:** 24 hour notice is required for cancellation and/or rescheduling of your test. If 24 hour notice is NOT given you will be charged \$150 to cover the cost of the isotope. This charge is not covered by your insurance.

To notify our office of cancellation after regular office hours or on weekends, please leave a message with the answering service operator.

1. **No caffeine, decaffeinated or caffeine-free products 24 hours prior to test.** (Caffeine can be found in sodas, coffee, tea, chocolate and some medications, please check the labels.)
2. If your test is before 10 a.m., Do Not eat or drink anything after midnight, except morning medications and **plenty of water**. If your test is after 10 a.m., you may have a light breakfast (ex. toast, cereal, one egg), along with your morning medications and plenty of water, BUT, you must be finished eating at least 4 hours before your test.

**Diabetic Patients: EXTREMELY IMPORTANT!!**  
Eat a light meal (toast, juice) two hours prior to your stress test.  
If you take DIABETES medication by mouth, do not take the morning of the test. (You may take your other medications.)  
If you take insulin, take 1/2 dose the day of the test.

\*\*\* **Water is the exception to our rule. Anyone, no matter what time of testing, diabetic or not, is encouraged to drink water.**

3. The Stress Lab is always cold and we need to get to your chest for the EKG, so please, wear warm, comfortable, **LOOSE FITTING CLOTHING (NO TIGHT SLEEVES)**. Also, wear comfortable walking shoes, NO slip-ons or sandals. Do not wear anything with metal on it from the waist up (ex. zippers, snaps, metal buttons and underwires.)
4. Be prepared. **This test may take 2 – 3 hours**, you may want to bring reading material to pass the time. (Please do not bring any valuables.)
5. You must be able to lie on your back with your left arm above your head for 15-20 minutes at a time. If not able to do so, please inform the staff prior to your test.
6. The office opens at 7:00 am, for stress tests only. For all other business, office hours are 8:30 am to 4:30 pm.
7. **PLEASE BRING A LIST OF YOUR MEDICATIONS**

Please hold beta blockers 48 hour prior if you are walking on the treadmill

Signature: \_\_\_\_\_

Staff Initials \_\_\_\_\_

**FOR OUR FEMALE PATIENTS:** Please notify our office **AS SOON AS POSSIBLE** if you suspect you may be pregnant.

NOTE: If you have any questions, please do not hesitate to call – (302)338-9444.