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Patient Name

Date of Test

M Tu W Th F

Time of Test

Patient Instructions for Nuclear Stress Testing

- ✓ NO CAFFEINE or DECAF (which include Coffee, Tea, Soft drinks, Chocolate or cocoa containing foods, Anacin, Excedrin or NoDoz) 24 hours prior to testing
- ✓ Drink plenty of water the day before and the morning of the test.
- ✓ If you take BETA BLOCKERS or certain CHANNEL BLOCKERS (listed below), DO NOT TAKE THEM that AM or the PM before the test unless Doctor instructs otherwise.

*Some examples of **Beta Blockers** include:

Acebutolol, Atenolol, Betapace, Bisoprolol, Blocadren, Bystolic, Carvedilol, Coreg, Corgard, Inderal, Lopressor, Lotensin, Metoprolol, Nadolol, Propranolol, Sectral, Sotolol, Tenormin, Timolol, Toprol, Triamperene, Zebeta

Calcium **Channel Blockers:

Calan, Cardizem, Diltiazem, Isoptin, Tiazac, Verapamil, Verelan

- ✓ Up to one hour prior to test, you may have breakfast with protein only. (Ex: eggs, eggs with cheese, ham, peanut butter – no toast, oatmeal, fruit)
- ✓ Do not apply any lotions or oil to your body.
- ✓ If having the treadmill test, wear COMFORTABLE shoes and attire.
- ✓ You may be here for approximately 4-5 hours. After the stress portion of the test, you will be able to leave for lunch and will be told a time to come back for the last portion of the test.
- ✓ Please advise the office if you are over 250 lbs as it may require the test to be done over 2 days.
- ✓ One hour before your test please drink 16 ounces of Club Soda or Sparkling Water
- ✓ Please call the office if you have any questions.