

Nuclear Cardiology Preparation

*The exam takes approximately 2-5 hours and you will receive an intravenous injection

1. No Caffeine 24hrs prior to test:

- Refrain from any tea, coffee, soft drinks, chocolate beverage, snacks and energy drinks (including decaffeinated varieties) and Tylenol pills at least 24 hours prior to the test.
- Regular intake of plain milk, juice, water and normal foods are recommended.

2. Bring all current heart medications.

3. Wear comfortable clothing and running shoes for the exercise stress test

4. Please bring food/snacks – you will be allowed to eat some food after injections

5. DO NOT apply any creams or lotions on your chest.