



**TEXAS INSTITUTE OF CARDIOLOGY, P.A.**  
**FAISAL WAHID, M.D., F.A.C.C., F.S.C.A.I**

5313 West University Drive  
McKinney, Texas 75071

**INSTRUCTIONS FOR NUCLEAR STRESS TEST:**

THIS TEST IS PERFORMED HERE IN OUR OFFICE.

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Weight: \_\_\_\_\_

Ordering Physician: \_\_\_\_\_

Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

1.) **NOTE:** If you are late for your appointment you will have to be rescheduled and will be **CHARGED \$150.00** for the cost of the isotope. *Insurance doesn't cover this charge.*

2.) **No caffeine or decaffeinated beverages for 24 hours prior to the test.** (Caffeine can be in sodas, chocolate, medications, coffee and tea.)

3.) If you use an inhaler of any type, please **BRING IT WITH YOU.**

4.) **MORNING PATIENTS:** No food after midnight. Clear liquids are acceptable.  
**AFTERNOON PATIENTS:** No food 4 hours prior to test except clear liquids.  
**ALL PATIENTS:** Drink 12 oz. of water before coming to your appointment.

5.) Wear, warm, loose fitting clothes (no dresses or sweaters with elastic wrist cuffs) and comfortable walking shoes. No metal on the chest area. (Buttons, snaps, zippers or underwire bras)

6.) **Be prepared to stay at least 3-4 hours for the nuclear stress test.** (You may want to bring reading material to pass the time.) Do not bring any valuables.

7.) **24 HOUR NOTIFICATION IS REQUIRED FOR CANCELLATIONS.** (Emergency situations will be taken into consideration.) For after hours cancellations, contact Allison Fletcher at (214) 491-8698.

8.) Patient must be able to lie on back with arms above the head for 15 to 20 minutes at a time. If you are unable to do so, please inform the staff prior to the test.

**PLEASE BRING A LIST OF YOUR CURRENT MEDICATIONS.**

*Take ALL your medications EXCEPT those listed below:*

**24 hours prior to the test DO NOT take:** Aeorlate, Aggrenox, Aminophylline, Anacin, Cafergot, ConstantT, Dipyridamole, Elixophylline, Esgic, Excedrin, Fioricet, Fiorinal, NoDoz, Noregesic, Noregesic forte, Persantine, Primatene, Quibron, Respbid, Slobid, Slophylline, Synalgos-DC, TPHYL, Tedral SA, Theo24, Theolair, TheoOrganidin, Theophylline, TheoSav, Theostat, Theox, Wigraine.

**The night before and morning of your test, DO NOT take:** Insulin (all types), Diabetes medicine (all types), Acebutolol, Atenolol, Betapace, Betapace AF, Bisoprolol, Brevibloc, Bystolic, Carvedilol, Coreg, Corgard, Corzide, Esmolol, Inderal, Inderal LA, Inderide, Inderide LA, Innopran XL, Labetolol, Lavetol, Lopressor, Metoprolol, Nadolol, Nebivolol, Normodyne, Penbutolol, Propafenone, Propranolol, Rythmol, Sectral, Sotalol, Tenoretic, Tenormin, Timolide, Timolol, Toprol XL, Zebeta, Ziac.

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