

A Patient Checklist to Help You Prepare for Your Test

DATE OF TEST: _____

TIME: _____

LOCATION: _____

How should I prepare for the test?^{1,2}

Follow your doctor's advice when preparing for the test. He or she may tell you:

- **Not to eat or drink for several hours before the test.**
Patients with diabetes may receive special orders.
- **Not to take some of your medicines before the test.**
Your doctor will tell you which ones not to take.
- **To avoid caffeine for 24 hours before the test.**
Caffeine may affect your results. When you make your appointment, the staff at the lab may offer even more advice. For example, they may tell you to:
 - Bring a list of all your medicines with you. The staff will ask you to name all the medicines you take, even the ones you may not be taking on that day.
 - Wear loose, comfortable clothing for the exercise phase of the test. Wear footwear with non-skid soles, too.
 - You may be asked to exercise as hard as you can, and these items may increase your comfort.

References:

1. Mayo Clinic>Patient Care & Health Information>Tests and Procedures>Nuclear Stress Test. Accessed 3/31/2020.
<https://www.mayoclinic.org/tests-procedures/nuclear-stress-test/about/pac-20385231?p=1>
2. Green County Medical Center.com>files/images>brochures>nuclear stress test.
<https://www.gcmhealth.com/files/images/brochures/Nuclear%20Stress%20Test%20website.pdf>



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Lantheus Medical Imaging provided this checklist as a service to your doctor. Your doctor has directed you to our website to help you understand this test. The checklist does not provide complete information about your stress test. It cannot replace talking with your doctor about the test. If you have questions after reading this checklist, discuss them with your doctor.