



CLARA BARTON
Hospital

250 W. 9th St. Hoisington, KS 67544 • 620-653-2114

Nuclear stress testing preparation instructions

Patient name: _____

Appt. date: _____ Time: _____

24 hours before your test

NO caffeine or decaffeinated products

- **NO** coffee, tea of any kind, colas, and chocolate.
- **NO** Anacin, Excedrin, or any other products containing caffeine.
- **NO** nicotine products
- **NO BETA BLOCKERS** – Do not take them the day before your exam or morning of your exam. If you are unsure if you take a beta blocker you can ask your physician or call your pharmacist. (If you take **blood pressure medicine** that is **NOT a beta blocker**, continue to take it **regularly**. We will take your blood pressure prior to the stress portion of the test. **If your blood pressure is irregular we may not be able to perform your exam.**
- Men may need to shave/trim their chest to ensure accurate EKG readouts.

Day of exam

Nothing to eat or drink 6 hours before exam

- Exception for diabetic patients – Diabetic patients may eat a light/small breakfast in order to take your medication. If blood sugar is off that morning we will not be able to perform your exam
- You may take all other medications EXCEPT the Beta Blockers on the morning of your test with a small amount of water.
- Wear walking shoes, comfortable clothes, and shirts with **no metal** on them: preferably short sleeve t-shirts. Women please try to wear undergarments with no metal.
- **Check in** at the front desk of the hospital approximately **15 minutes before exam time.**
- Test will take 3-4 hours; subject to change.

If you need to cancel your exam please call 620-653-5066 and ask for Radiology. We need to be notified by 5:30pm on the day before the scheduled exam so your medications for the test can be cancelled. This will prevent you from being charged for those medications.