

Nuclear Stress Test Patient Instructions

Nuclear Medicine

Room G-19, *basement of pavilion G.*
Tel: (514)340-8222 ext. 25942 or
ext. 25374

Day 1: _____

Day 2: _____

Before your exam

- **Please note:** You must **NOT EAT OR DRINK ANYTHING WITH CAFFEINE FOR 48 HOURS prior to Day 2: Stress images**. This is very important, failure to follow this **MAY RESULT IN YOUR TEST BEING CANCELLED**. You may NOT consume anything containing caffeine including coffee, tea, chocolate, soft-drinks, energy drinks, 222's, Fiorinal, etc. Even decaffeinated products must be AVOIDED.
- Your referring doctor may have instructed you to hold/stop certain medications before your test. Please follow their instructions.

Day 1: Rest images

- **Where?** Nuclear medicine, **G-19**, Basement floor, Pavilion G.
- **How long?** About 2 hours.
- **Preparation? FAST FOR 6 HOURS PRIOR.** You may drink water and take your prescribed medication, unless directed otherwise by your physician. If you are diabetic, small amounts of fruit juice or glucose tablets are permitted.
- **What to bring?** Please bring a **fatty snack** with you, such as a cheese sandwich, nuts or muffin. We will ask you to eat and drink water after your injection for better pictures.
- A list of medications you take.

Day 2: Stress Images

- **Where?** Nuclear medicine, **G-19**, Basement floor, Pavilion G.
- **How long?** About half a day.
- **Preparation? FAST FOR 6 HOURS PRIOR.** You may drink water and take your prescribed medication, unless directed otherwise by your physician. If you are diabetic, small amounts of fruit juice or glucose tablets are permitted.
- Make sure you have stopped ALL caffeine **48 hrs prior** (refer to "*Before your exam*" for detailed instructions)
- **What to bring?** Dress comfortably. Wear jogging pants, shorts and running shoes, as you may be asked to walk briefly on a treadmill if you are able.
- Please bring a **fatty snack and some water** (see day 1 for examples).
- A list of medications you take.