First day of exam: ________________________________

Second day of exam: ________________________________

**Day 1 – Rest Images**

1. Present yourself to Nuclear Medicine, Room G-19, Basement floor, Pavilion G. Day 1 takes about 1-2 hours.
2. **You must bring your signed requisition the first day of your test.** Please bring a list of your medications too.
3. **FAST FOR 6 HOURS PRIOR.** You may drink water during this time. If you are diabetic, small amounts of fruit juice or glucose tablets are permitted.
4. Please bring a fatty snack with you, such as cheese, nuts, a muffin or yogurt. We will ask you to eat before imaging.

**Day 2 – Stress Images**

1. Present yourself to Nuclear Medicine, Room G-19, Basement floor, Pavilion G. Day 2 takes about 2-3 hours.
2. Prior to day 2, stress images, your cardiologist or referring doctor has instructed you to:
   □ Continue all prescribed medications.
   □ Hold the following medications: __________________________ for ___ days.
   __________________________ for ___ days.
   Please contact your cardiologist or referring doctor if you are unsure which medication you should hold or continue.
3. You must **NOT EAT OR DRINK ANYTHING WITH CAFFEINE FOR 48 HOURS** prior to day 2 (stress images). This is very important and failure to follow this **MAY RESULT IN YOUR TEST BEING CANCELLED.** You may NOT consume anything containing caffeine including coffee, tea, chocolate, soft-drinks, 222’s, Fiorinal, etc. Even decaffeinated products must be **AVOIDED.**
4. **FAST FOR 6 HOURS PRIOR.** You may drink water during this time. If you are diabetic, small fruit juice or glucose tablets are permitted. Allowed medications can be taken with water.
5. On day 2 (stress images) dress comfortably, as if you were going for a walk. Wear jogging pants or shorts, running shoes, as you may be asked to walk briskly on a treadmill if you are able.
6. Please bring a fatty snack with you, such as cheese, nuts, a muffin or yogurt. We will ask you to eat after the stress portion of the test to get clearer pictures.

Please call 514-340-8222 ext. 25942 or 25374 to **confirm your appointment** 1 to 2 weeks before your scheduled date. You can call and leave a message stating your name, date of your appointment, that you are coming for a “nuclear stress test” and confirm your attendance. If you have any questions, please call us at 514-340-8222 ext. 25374 from 9 AM to 4 PM.