



Cottage Grove Cardiology, P.C.
Specializing in Cardiovascular Medicine

NUCLEAR STRESS TEST INSTRUCTIONS

Your test is scheduled on: _____

You have been scheduled for a:

- One-day test:** Please plan on spending up to 3 hours in our office.
- Two-day test:** Please place on spending 1-2 hours in our office on the first day of your test. The second part of your test will be scheduled on the day of our stress test. You should plan on spending 1 hour in our office for the resting portion of your test.

Please read the following instructions. If you have any questions, do not hesitate to contact our office at 860-242-8756.

1. Do not drink or eat coffee, tea, chocolate or soda, inclusive of decaffeinated coffee, tea, chocolate and soda for 24 hours before your test. This includes herbal teas and food containing chocolate. If you are not sure about a product, please call our office.
2. Do not eat for 3 hours before your test. You may have water, juice or milk.
3. You may take your normal medications except; water pills (HCTZ, Lasix/Furosemide, etc.)
4. Do not take medications containing THEOPHYLLINE OR TRENAL for 5 days before the test. Do not take medications containing caffeine (Excedrin) 24 hours before the test.
5. Drink plenty of water prior to your test (about 2 – 3 glasses).
6. If you are diabetic, please follow the below instructions:
 - a. Do not take your diabetic pill the morning of your test.
 - b. If you use insulin, take ½ your normal dosage.
 - c. You may have a light snack before your test (toast, crackers, etc.) and you may bring a snack for after the test.
7. Wear comfortable clothing and sneakers. Ladies, please wear a 2-piece outfit the day of your test (top and bottom – do not wear a dress).
8. Bring your current medications, both prescribed and over-the-counter.
9. Bring your respiratory inhaler if you use one.
10. Bring your insurance cards and your co-pay listed on your card. **You must call us for any change in insurance at least 48 hours prior to your appointment to avoid the rescheduling of your test or being responsible for the charges.**
11. If you need special assistance, please contact our office prior to your test.
12. Avoid any child 2 years and younger for the whole day of your test.

711 Cottage Grove Rd Bloomfield, CT 06002

25 Oakland Rd, #1, South Windsor, CT 06074

2 Concorde Way, Bldg 2, Windsor Locks, CT 06096

35 Nod Rd Ste 201A Avon, CT 06001

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Phone (860) 242-8756

Fax (860) 242-3052

www.cottagegrovecardiology.com