

NORTH JERSEY CARDIOVASCULAR CONSULTANTS, L.L.C.

329 BELLEVILLE AVENUE
BLOOMFIELD, NJ 07003
PHONE: 973-748-3800
FAX: 973-748-3540

80 BLOOMFIELD AVENUE
CALDWELL, NJ 07005
PHONE: 973-364-1444
FAX: 973-364-0101

96 MILLBURN AVENUE
MILLBURN, NJ 07041
PHONE: 973-762-2782
FAX: 973-762-1946



NUCLEAR STRESS TEST

THE FOLLOWING MEDICATIONS MAY NOT BE TAKEN THE DAY PRIOR TO THE TEST OR THE MORNING OF YOUR TEST:

AMIODARONE (PACERONE/CORDARONE)
ATENOLOL (TENORMIN, TENORETIC)
BISOPROLOL (ZIAC)
BYSTOLIC (NEBIVOLOL)
COREG (CARVEDILOL)
COVERA HS
DIGOXIN (LANOXIN, DIGITEX)
DILTIAZEM (CARDIZEM, DILACOR XR, CARTIA XT)
LABETALOL (TRANDATE-NORMODYNE)
METOPROLOL (TOPROL/LOPRESSOR)
NADOLOL (CORCARD)
PROPANOLOL (INDERAL)
SOTALOL (BETAPACE)
VERAPAMIL (ISOPTIN, CALAN, VERELAN)

ALL BLOOD PRESSURE MEDICATIONS NOT LISTED ABOVE SHOULD BE TAKEN AS USUAL.

PLEASE BRING YOUR MEDICATIONS WITH YOU SO THAT YOU MAY TAKE THEM AS SOON AS YOU COMPLETE YOUR TEST.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT THE OFFICE.

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IF YOU NEED TO CANCEL THIS APPOINTMENT, YOU MUST CALL OUR OFFICE 24-48 HOURS IN ADVANCE. The isotope used during the test is **purchased and paid for in advance specifically for you.** If you do not show up for your test the isotope must be discarded at loss to our office and a fee may be charged to you.

If you are PREGNANT or feel you may be pregnant, you must call our office to cancel your appointment.

THE FOLLOWING GUIDELINES MUST BE FOLLOWED:

- **DO NOT EAT OR DRINK ANYTHING AFTER 12:00 MIDNIGHT THE NIGHT BEFORE YOUR TEST. NO CAFFEINE.**
- **DIABETIC PATIENTS MAY TAKE INSULIN OR OTHER DIABETIC MEDICATIONS prior to the test.** If needed, you may eat a piece of toast and 4 ounces of apple juice or water with your medication(s) at or before 6:30 am.
- If you are having a treadmill stress test, some medications may not be taken the day of the test and the day before. **PLEASE SEE ATTACHED LIST OF MEDICATIONS THAT MAY NOT BE TAKEN.**
- **IF YOU ARE HAVING A NON WALKING TEST, YOU MAY TAKE ALL OF YOUR MEDICATIONS.**
- **DO NOT WEAR ANY BODY LOTIONS, SUNTAN LOTIONS, CREAMS, OILS, OR VASELINE.** The skin on your torso must be clean, dry and free of any applied substances.
- **PLEASE WEAR COMFORTABLE, LOOSE CLOTHING AND SNEAKERS OR RUBBER-SOLED SHOES.**
- **NO ONE PIECE DRESSES, NO GIRDLES, AND NO UNDERWIRE BRAS PLEASE.**

PLEASE NOTE THAT THIS TEST WILL TAKE APPROXIMATELY THREE HOURS WITHOUT A BREAK IN BETWEEN. YOU MAY BRING A SMALL SNACK. FOR EXAMPLE, A SANDWICH, YOGURT, CRACKERS, AND JELLO ETC.

Should you have any questions regarding the above, please don't hesitate to call.