

Patient Information

Nuclear Cardiology Test Preparation

2 days before the nuclear cardiology stress test:

1. Do hydrate your body by drinking extra glasses of water, unless you are advised by your doctor not to take extra fluids because of heart failure or kidney failure.
2. Do not take the following medications: Dipyridamole (Persantine, Aggrenox), aminophylline or theophylline.

12 hours before the nuclear cardiology stress test:

1. Do not eat or drink anything that has caffeine, including coffee, tea, decaffeinated products, chocolate, cocoa, soda.
2. Do not take any over the counter medications that contain caffeine such as Excedrin, Anacin, diet pills and No Doz. Caffeine is sometimes included in unexpected places, so it is wise to read the labels of anything you eat or drink for 12 hours before the test.

Day of the nuclear cardiology stress test:

Please allow 3 to 4 hours for the entire test.

If your test is scheduled for first thing in the morning:

1. Do not have anything to eat or drink after midnight the night before the test.

If your test is scheduled in the afternoon:

1. Do not eat or drink anything for at least 4 hours before the test. If you must take medications, take them with water.
2. Do not smoke on the day of the test, as nicotine can interfere with the results of your test.

Who to Contact

For questions about nuclear cardiology tests at UR Medicine Cardiology, please call us at (585) 275-6169.

