



NUCMED STRESS EXAM – 1 DAY PROCEDURE

Resting and Stress

Pt will be here approximately 4 hours

1. Wear athletic or good walking shoes
2. Wear comfortable clothing
3. Light meal, no caffeine
4. Do not take any Blood Pressure medication that contains Beta Blockers at least 24 hours before exam. Please see list below.

Resting Scan

The patient will receive an IV, then injected with a radioactive tracer called cardiolite. Approximately 30 minutes later the patient's heart will be scanned.

Stress Scan

The nurse will prep patient for treadmill (EKG Leads). When cardiologist arrives, patient will walk treadmill. The patient will be injected again with the cardiolite tracer and will be given something to go eat and drink. This enables us to obtain better images of the heart. Then the patient will be scanned again.

Medications no to be taken prior to Nuclear Stress Testing

Beta Blockers		Calcium Channel Blockers
Acebutolol	Propranolol	Adalat
Atenolol	Tenormin	Calan
Betaxolol	Timolol	Cardizem
Carteolol	Toprol	Dilacor
Carvedilol	Zebeta	Diltiazom
Coreg	Ziac	Dynacirc
Corgard		Nifedipine
Inderal		Norvasc
Laberalol		Plendil
Labrocol		Procardia
Lapressor		Tiazac
Metoprolol		Vasacor
Nadolol		Verapamil
Normodync		Vorclan
Penbutolol		
Pindolol		