

APPOINTMENT DATE _____ APPOINTMENT TIME _____

8060 Wolf River Blvd
Germantown, TN 38138
(901)271-4018

76 Tabb Dr.
Munford, TN 38058
(901)271-5872

391 Southcrest Cir. Ste.200
Southaven, MS. 38671
(901)271-4168

PATIENT INSTRUCTIONS FOR TREADMILL NUCLEAR STUDY

1. Do **NOT** eat or drink anything but water for at least **4 hours** prior to your scheduled appointment time.
***Bring a snack with you so that you can eat after the stress portion of the test!!
*** You may drink moderate amounts of water up to the time of your test
2. Do **NOT** consume any drug, food or beverage with **caffeine** / **decaffeinated** for at least **24 hours** before your test.
 - a. This includes colas, coffee, tea, chocolate, Excedrin, Anacin, BC powder
3. TAKE your medication on your normal schedule unless your doctor told you otherwise.
 - a. Bring a list of your medications with you.
 - b. **DIABETIC PATIENTS: Do NOT take your diabetic medication on an empty stomach!!!** Please eat a small snack with your medication if you can take it 4 hours prior to your test. Otherwise, bring your meds with you along with a snack.
 - c. **BRING ANY INHALERS WITH YOU!!!**
4. Dress comfortably. Please wear **SEPARATE** top and bottom pieces – **NO** dresses, overalls or one-piece outfits. If you are scheduled to walk the treadmill, please wear tennis shoes.
5. Be prepared to stay at least 3 hours.
6. You **WILL** be required to lie on your back with both arms above your head. If you **CANNOT** lie on your back or cannot raise your **LEFT** arm, please notify your physician immediately for alternate testing.
7. A camera will rotate around your chest for 7-20 minutes. Your head and legs are **NOT** covered. If you are **CLAUSTROPHOBIC**, please notify your physician immediately to either view the camera or schedule alternate testing.
8. Your test results will be read within 48 hours. Your results will be called or mailed to you by your ordering physician / nurse within 5-10 business days.

*** If you have questions **NOT** related to your Nuclear stress test or if you need to reschedule your appointment please call **271-1000**.

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PATIENT INSTRUCTIONS FOR LEXISCAN NUCLEAR STUDY

1. Do **NOT** eat or drink anything but water for at least **4 hours** prior to your scheduled appointment time.
***Bring a snack with you so that you can eat after the stress portion of the test!!
***You may drink moderate amounts of water up to the time of your test
2. Do **NOT** consume any drug, food or beverage with **caffeine** / **decaffeinated** for at least **24 hours** before your test.
 - a. This includes colas, coffee, tea, chocolate, Excedrin, Anacin, BC powder
3. **TAKE** your medication on your normal schedule unless your doctor told you otherwise.
 - a. Bring a list of your medications with you.
 - b. If you take any of the following medications please call your physician's nurse to discontinue them for **72 hours**: Aggrenox, Persantine (Dipyridamole), Aminophylline, Theophylline or Theophylline containing drugs such as Theodor, Constant- T, Primatene, Quibron, or Slo-Phylline.
 - c. **DIABETIC PATIENTS: Do NOT take your diabetic medication on an empty stomach!!!** Please eat a small snack with your medication if you can take it 4 hours prior to your test. Otherwise, bring your meds with you along with a snack.
 - d. **BRING ANY INHALERS WITH YOU!!!**
4. Dress comfortably. Please wear **SEPARATE** top and bottom pieces – **NO** dresses, overalls or one-piece outfits. If you are scheduled to walk the treadmill, please wear tennis shoes.
5. Be prepared to stay at least 3 hours.
6. You **WILL** be required to lie on your back with both arms above your head. If you **CANNOT** lie on your back or cannot raise your **LEFT** arm, please notify your physician immediately for alternate testing.
7. A camera will rotate around your chest for 7-20 minutes. Your head and legs are **NOT** covered. If you are **CLAUSTROPHOBIC**, please notify your physician immediately to either view the camera or schedule alternate testing.
8. Your test results will be read within 48 hours. Your results will be called or mailed to you by your ordering physician / nurse within 5-10 business days.

*** If you have questions **NOT** related to your Nuclear stress test or if you need to reschedule your appointment please call **271-1000**.

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PATIENT INSTRUCTIONS FOR DOBUTAMINE NUCLEAR STUDY

1. Do **NOT** eat or drink anything but water for at least **4 hours** prior to your scheduled appointment time.
***Bring a snack with you so that you can eat after the stress portion of the test!!
*** You may drink moderate amounts of water up to the time of your test
2. Do **NOT** consume any drug, food or beverage with **caffeine** / **decaffeinated** for at least **24 hours** before your test.
 - a. This includes colas, coffee, tea, chocolate, Excedrin, Anacin, BC powder
3. TAKE your medication on your normal schedule unless your doctor told you otherwise.
 - a. Bring a list of your medications with you.
 - b. If you take any of the following medications please call your physician's nurse to discontinue them for **72 hours**: Atenolol, Tenormin, Toprol, Lopressor, Metoprolol, Corgard, Nadolol, Propranolol, Inderal, Coreg, Carvedilol, Pindolol, Viskin, Sotalol, Betapace, Bystolic
 - c. **DIABETIC PATIENTS: Do NOT take your diabetic medication on an empty stomach!!!** Please eat a small snack with your medication if you can take it 4 hours prior to your test. Otherwise, bring your meds with you along with a snack.
 - d. **BRING ANY INHALERS WITH YOU!!!**
4. Dress comfortably. Please wear SEPARATE top and bottom pieces – NO dresses, overalls or one-piece outfits. If you are scheduled to walk the treadmill, please wear tennis shoes.
5. Be prepared to stay at least 3 hours.
6. You WILL be required to lie on your back with both arms above your head. If you CANNOT lie on your back or cannot raise your LEFT arm, please notify your physician immediately for alternate testing.
7. A camera will rotate around your chest for 7-20 minutes. Your head and legs are NOT covered. If you are CLAUSTROPHOBIC, please notify your physician immediately to either view the camera or schedule alternate testing.
8. Your test results will be read within 48 hours. Your results will be called or mailed to you by your ordering physician / nurse within 5-10 business days.

*** If you have questions NOT related to your Nuclear stress test or if you need to reschedule your appointment please call 271-1000.