

APPOINTMENT DATE _____

APPOINTMENT TIME _____

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

76 Tabb Drive
Munford, TN
(901) 271-5872

391 Southcrest Cir. Ste. 201
Southaven, MS 38671
(901) 271-4168

PATIENT INSTRUCTIONS FOR TREADMILL NUCLEAR STRESS TEST

1. Do **NOT** eat or drink anything but water for at least **4 hours** prior to your scheduled appointment time.
 - a. **Bring a snack.**
 - b. You may drink water at any time before your test.
2. **NO caffeine/decaffeinated** products for at least **24 hours** before your test.
 - a. This includes but is not limited to any colas, coffees, teas, chocolates, Excedrine, Anacin, BC power, Butalbital.
3. Take your medication on your normal schedule unless told otherwise by your physician/nurse.
 - a. Bring a list of medications with you.
 - b. **DIABETIC PATIENTS:** Do **NOT** take your diabetic medication on an empty stomach. If possible, please eat a small snack with your medication 4 hours prior to your appointment time. Otherwise, bring your medications with you along with a snack.
 - c. **BRING ANY INHALERS WITH YOU.**
4. Dress comfortably.
 - a. Please wear **SEPARATE** tops and bottoms. **NO** dresses, overalls, or one-piece outfits.
 - b. Wear tennis shoes.
5. Please do not use body lotions and/or sprays or perfumes as this will affect EKG accuracy.
6. Be prepared to stay at least 3 hours.
7. You **WILL** be required to lie on your back with both arms above your head. If you **CANNOT** lie on your back or raise your **LEFT** arm, please notify your physician immediately for alternate testing.
8. 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.
9. Your test will be read by a physician 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 901-271-4074.