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Instructions for Nuclear Testing by Treadmill / Medication

Date: _____ Time: _____

Office: 2808 Old Post Road
Harrisburg, PA 17110
(717) 920-4446

856 Century Drive (Suite D)
Mechanicsburg, PA 17055
(717) 591-7110

Medication Instructions:

Call Associated Cardiologists with any recent medication changes.

Brand name / generic name	Stop date
_____	_____
_____	_____
_____	_____

Continue all other medications; bring above listed medications the day of the study should we need them – including inhalers, diabetic pills & insulin.

Non-Medication Instructions:

Stop date

CAFFEINE / DECAF _____

NICOTINE / TOBACCO _____

Stop 12hrs. before test.

FOOD _____

Special Instructions:

Afternoon appointments (11:40 am or later) may have a small bowl of cereal or two pieces of toast with butter (only) & ½ cup of milk before 7:30 am. **Please no chocolate.**

Please turn instruction sheet over for more details!!!

Inability to follow these instructions could result in cancellation of the test.

Nitroglycerin Products include pills, patches and sprays. If you do have chest pain, please take your nitroglycerin as prescribed and call 920-4400 for further instructions. For persistent unrelieved chest pain, call 911.

Caffeine - no coffee, tea, soda or chocolate (this includes caffeinated, decaffeinated and herbal coffees, teas, soda, non-carbonated beverages with chocolate, candies, cookies, ice cream, etc). Remember certain migraine medications have caffeine in them including Anacin & Excedrin.

Nicotine consists of all Tobacco products including cigars, cigarettes, pipes, chew, patches, gum and excessive second hand smoke.

Food - nothing to eat after midnight the evening before your study, unless otherwise instructed. (This includes gum, candy, mints, lozenges and / or cough syrup). *Please drink several glasses of water prior to your arrival time to assist with IV insertion.*

Please bring a light, non-chocolate snack (sandwich, crackers, chips) and a caffeine free drink (sprite, 7-up, water, milk or juice) for your break between imaging.

The test is approximately 3.0 hours long. It consists of IV insertion, injecting of IV imaging materials, EKG /BP monitoring, stress testing, 2 sets of pictures (20 minutes each) and about a 60 minute break to eat your snack.

Please wear loose fitting, comfortable clothing and rubber soled shoes that are secure to your feet. No heels, boots, flip-flops or sandals. No dresses or pantyhose. Treadmill patients should do some stretching prior to test.

If this study was ordered by a physician other than one of our cardiologists please bring the script / order. All patients with HMO insurance must notify their family physician for a referral.

Directions to Associated Cardiologists are available upon request or online.

Failure to call us and cancel your study 24hrs. in advance will result in a \$75 charge to cover the cost of ordered radioactive imaging materials.

Inability to follow these instructions could result in cancellation of the test.