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### Instructions for Nuclear Testing by Treadmill / Medication

Date(s): \_\_\_\_\_ Time(s): \_\_\_\_\_

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.**

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**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 evenings before your study days, 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 help 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) on both days of testing.\***

The testing days are each approximately 1.5 – 2.5 hours long. One day consists of injecting IV imaging materials, a 30-50 minute break to eat your snack, and a set of pictures (20 minutes). The other day involves IV insertion, EKG /BP monitoring, stress testing, injecting IV imaging material, about a 60 minute break to eat your snack, and a second set of pictures.

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.