Nuclear Stress Test Instructions

- Nothing to eat or drink after midnight, except water; Unless you are diabetic you may eat a light breakfast
- No caffeine 12 hours before the test. This includes coffee, decaf coffee, pop, chocolate, energy drinks, migraine medicine, etc….
- If you are walking on the treadmill, do not take your Beta Blocker (such as atenolol, bisoprolol, coreg, metoprolol, and nebivolol.) If you're not sure if you're walking on the treadmill, hold the beta blocker and bring it with you
- You may take any other medications with water
- This test can take 3-5 hours. You will have an opportunity to get something to eat or drink. You can bring a snack or bring money for the cafeteria.