

**Cardiology Physicians Diagnostic Lab**  
305 Memorial Medical Parkway Suite 301  
Daytona Beach, Florida 32117  
www.CardiologyPhysicians.org 386-677-4595

**PET scan (1 hour) Treadmill stress SPECT scan (2-3 hours)**  
**Lexiscan stress SPECT scan (2-3 hours)**

Name \_\_\_\_\_

Stress Test Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

### **Patient Instructions**

**48 hours before the test:** No Theophylline medicines including Theo-Dur, Aminophylline, etc.

**24 hours before the test:** No Caffeine Examples: regular or decaf coffee, tea, soft drinks, chocolate, and Tylenol #3, Excedrin and other medications.

**Medicines:** No Beta Blockers, Blocadren, Corgard, Inderal (Propranolol), Lopressor, Toprol (Metoprolol), Normodyne, Trandate (Labetolol), Sectral, Tenormin (Atenolol), Visken (Pindolol), Ziac

**Note:** *Your doctor may tell you which medicines you may take during the stress test. If you are claustrophobic, let your cardiologist know before the test.*

**Day of the test:** Do not eat or drink anything but water, 4 hours before your arrival time. Do not use body lotion on your chest.

**Diabetics** may have a small, light meal 2 hours before your test if necessary and / or bring a small snack if you feel it is needed.

**Clothing:** Wear a comfortable two piece outfit with no metal buttons on the shirt around the chest region. No dresses or girdles.

If you will be using the treadmill, please wear comfortable and safe shoes for walking.

**No sandals or flip-flops.**

**General Information:** You will be at our testing lab for 1 to 3 hours, see above. You may have periods of waiting throughout the test. Bring busy material and a snack for after the test. You can drive yourself home, and/or bring one friend or family member. Our waiting room is very small and we thank you for your understanding of our one guest request.

**Don't forget to bring:** a list of all medications you are currently taking, your insurance cards and a photo I.D. for our records.

***Please give a 24-hour notification for cancellation or reschedule of your test.***