

Please arrive \_\_\_\_\_ minutes prior to appointment for registration.

### Patient Preparation Instructions

- Nuclear Stress Test–Regadenoson (Lexiscan) - (Test duration: 3-4 hours)**
- Cardiac PET Stress Test - (Test Duration - 1-2 hours)** - offered at NHHI PET Gwinnett and CVDC Forsyth locations only
  1. **Please notify the cardiologist, nurse or technologist of any history of seizure activity.**
  2. **Do not** eat or drink anything for 4 hours prior to the test - **IT IS OK TO DRINK WATER DURING THIS TIME.**
  3. **Do not** eat or drink anything containing caffeine or decaffeinated—this includes coffee, tea or soda for **12 hours** prior to the test. **Doing so could result in your testing having to be rescheduled.** *Chocolate, energy drinks, Excedrin, Goody powders and decaffeinated products still contain enough caffeine to alter the test results - **CAFFEINE FREE drinks only.***
  4. **Medication Instructions:**
    - **Do not** take Diabetic medications if appointment is before **noon.**
    - Take all other medications including Blood pressure medications with **water** as normal. **Please do not hold Beta Blockers/Calcium channel blockers for this test.**
    - **DO NOT** take Theodur (Theophylline) or Aminophylline for **12 hours** prior to the test. **DO NOT** take Persantine (Dipyridamole) or Aggrenox for **48 hours** prior to the test.
  5. **Do not** use any tobacco/nicotine products or alcohol for 12 hours prior to the test.
  6. **Do not** apply body lotion on the day of the test.
  7. An IV is required for this test.
  8. Please let us know if you are claustrophobic or are unable to raise your left arm above your head.
  9. Please let us know if you are traveling by air within 3 days of completing your test.
  - \* ***To safely have this test you must be able to stand and pivot to get on the scanner and stretcher. If you feel like you will not be able to do this please let us know prior to your appointment.***

- Nuclear Stress Test–Exercise/Dobutamine - (Test duration: 3-4 hours):**
  1. **Please notify the cardiologist, nurse or technologist of any history of seizure activity.**
  2. **Do not** eat or drink anything for 4 hours prior to the test - **IT IS OK TO DRINK WATER DURING THIS TIME.**
  3. **Do not** eat or drink anything containing caffeine or decaffeinated—this includes coffee, tea or soda for **12 hours** prior to the test. **Doing so could result in your testing having to be rescheduled.** *Chocolate, energy drinks, Excedrin, Goody powders and decaffeinated products still contain enough caffeine to alter the test results - **CAFFEINE FREE drinks only.***
  4. **Medication Instructions:**
    - **Do not** take Beta Blockers or Calcium channel blockers (see list on back) for **24 hours** prior to testing **unless instructed otherwise by your cardiologist.**
    - **Do not** take Diabetic Medications if appointment is **before noon.** Take all other medications with **water** as normal.
    - **DO NOT** take Theodur (Theophylline) or Aminophylline for **12 hours** prior to the test. **DO NOT** take Persantine (Dipyridamole) or Aggrenox for **48 hours** prior to the test.
  5. **Do not** use any tobacco/nicotine products or alcohol for 12 hours prior to the test.
  6. For Exercise Nuclear Stress tests, bring or wear clothes (no metal on shirts) and shoes suitable for exercising on a treadmill (no flip-flops or bare/socked feet).
  7. **Do not** apply body lotion on the day of the test.
  8. An IV is required for this test.
  9. Please let us know if you are claustrophobic or are unable to raise your left arm above your head.
  10. Please let us know if you are traveling by air within 3 days of completing your test.
  - \* ***To safely have this test you must be able to stand and pivot to get on the scanner and stretcher. If you feel like you will not be able to do this please let us know prior to your appointment.***

**See reverse for locations & contact information.**

# NORTHSIDE HOSPITAL

HEART INSTITUTE

## PATIENT PREPARATION INSTRUCTIONS

northside.com/heart

Date/Time: \_\_\_\_\_

### NORTHSIDE HEART (NH) - 404-845-8200

**Northside Heart - Atlanta**  
5670 Peachtree Dunwoody Road  
Suite 880  
Atlanta, GA 30342

**Northside Heart - Canton**  
460 Northside Cherokee Blvd.  
Suite 150  
Canton, GA 30115

**Northside Heart - Roswell**  
1285 Upper Hembree Road  
Roswell, GA 30076

**Northside Heart - Towne Lake**  
900 Towne Lake Parkway  
Suite 400  
Woodstock, GA 30189

### NORTHSIDE CARDIOVASCULAR (NCV) - 404-845-8200

**NCV - Barfield**  
6135 Barfield Road  
Suite 100  
Sandy Springs, GA 30328

**NCV - Canton**  
470 Northside Cherokee Blvd.  
Suite 480  
Canton, GA 30115

**NCV - Braselton**  
1255 Friendship Road  
Suite 240  
Braselton, GA 30517

**NCV - Gainesville**  
1276 Jesse Jewell Parkway SE  
Gainesville, GA 30501

### CARDIOVASCULAR GROUP (CVG) - 770-962-0399

**CVG - Snellville**  
1608 Tree Lane, Building C  
Snellville, GA 30078

Beta Blockers	
Generic	Brand Name
Acebutolol	Sectral
Betaxolol	Kerlone, Betopic
Bisoprolol	Cardicor, Emcor, Zebeta, Ziac
Carteolol	Cartrol
Carvedilol	Coreg
Esmolol	Brevibloc
Labetolol	Trandate, Normdyne
Metoprolol	Lopressor, Toprol, Betaloc
Nadolol	Corgard
Nebivolol	Bystolic
Oxprenolol	Transicor
Penbutilol	Levatrol
Pindolol	Visken
Propranolol	Inderal, Inderal LA
Sotalol	Betapace
Timolol	Blocarden
Eye drops that contain Beta Blockers	
Betagan	Levobunolol
Timolol	Timoptic, Betimol
Calcium Channel Blockers	
Diltiazem	Verapamil

If scheduled at one of the below locations you must complete Pre-Registration by calling **404-459-1280**. Pre-Registration will be able to review your financial estimation and discuss all financial options available.

### CARDIOVASCULAR DIAGNOSTIC CLINICS (CVDCs) - 404-962-2450

**CVDC - Gwinnett**  
2200 Medical Center Blvd.  
Suite 220  
Lawrenceville, GA 30046

**NHHI PET - Gwinnett**  
2200 Medical Center Blvd.  
Suite G1  
Lawrenceville, GA 30046

**CVDC - Buford**  
2800 Buford Drive  
Suite 210  
Buford, GA 30519

**CVDC - Forsyth**  
2000 Howard Farm Drive  
Suite 400  
Cumming, GA 30041