

Nuclear Cardiac Testing Instructions



Exercise MIBI

- - Nothing to eat or drink SIX hours prior to procedure except for routine medications.
- - If you are diabetic you should not take your morning diabetic medications.
- - If you take insulin, you should take 1/2 your normal morning dose.
- - No meds containing Theophylline, including Aminophylline for 12 hours before the test.
- - Caffeine and products /medications containing caffeine should not be taken for 12 hours prior to the test (this includes decaf coffee and soda, chocolate, diet pills, some migraine medications such as, fioricet, fiorinal, and excedrin.)
- - Stop dipyridamole and methylxanthines, including Aggrenox, for 48 hours prior to testing.
- - Stop Beta-Blockers for at least 24 hours prior unless otherwise instructed (example: Atenolol, Tenormin, Toprol, Lopressor, Metoprolol, Inderal, Coreg, Corgard).
- - You make take all other blood pressure medications.
- - No erectile dysfunction medications for 72 hours prior (Viagra, Levitra, Cialis, Staxyn, or Stendra)
- - Wear a two-piece, comfortable, loose fitting outfit and comfortable shoes that are appropriate for walking
Test takes about 2.5-3.5 hours from start to finish.
- - Please bring a snack with you. You will be able to have a snack after the stress test portion is done.

Revised 3/15