



1101 East High St., Upper Level
Charlottesville, VA 22902
(434) 296-9596

Instructions for Nuclear (Sestamibi) Stress Test

Dear Patient:

Your stress test has been scheduled at Martha Jefferson Hospital (5th floor) on _____ at _____.

You will need to arrive 30 minutes early. You do not need to register on the main floor, go straight to the Cardiology Department on the fifth floor (by the visitors' elevator).

Please remember:

- ♥ Please wear comfortable shoes and clothes.
- ♥ You should not have anything to eat or drink with the exception of water after midnight the night prior to the testing.
- ♥ No caffeine 24 hours prior to the test, which includes chocolate, coffee or caffeinated teas.
- ♥ Medications containing caffeine must be avoided, including (Cafegot-all forms, Darvon Compounds, Fiorinol, Anacin, Excedrin, NoDoz).
- ♥ If you are diabetic and take medicine or insulin to control your sugars, please ask for specific instructions regarding these medications.
- ♥ Please stop taking oral Persantine (dipyridamole) 12 hours prior to the test.
- ♥ If you take Beta Blockers (Atenolol, Tenormin, Metoprolol, Toprol, Propranolol or Inderal) do not take them the morning of the test. Please take your other blood pressure medication as prescribed.
- ♥ Continue taking antiarrhythmic drugs if currently prescribed. Examples are Quinidine, Procainamide, Propafenone (Rythmol), Sotalol (Betapace), Mexitil, Amiodarone (Cordarone or Pacerone), or Dofetilide (Tikosyn).
- ♥ Please bring your medication list along with you.

Please call the office at 296-9596 or call Cardiology at Martha Jefferson at 982-7195 if you have questions.

Thank you.
Christina M. Bove, M.D.