

Nuclear Cardiac Stress Test: How to prepare

<input type="checkbox"/>	Ask your doctor if you should stop taking any of your usual medications before the day of your test.
<input type="checkbox"/>	If you are taking a long-acting nitrate (such as Isosorbide) or other medications to help to open your blood vessels (vasodilator), ask if you can stop taking it for 24 hours before your test.
<input type="checkbox"/>	STOP taking any short-acting nitrate medications 30 minutes before your test. Take off your nitrate patch. Do not take oral or “under-the-tongue” nitrates before your test.
<input type="checkbox"/>	If you have diabetes and are taking insulin or other medication to control your blood sugar, ask your doctor if you need to stop taking it before your test. It may cause an unsafe drop in blood sugar during testing.
<input type="checkbox"/>	Don't take any medications containing dipyridamole [die-puh-RID-eh-muhl] (such as Aggrenox or Persantine) within 2 days of your test.
<input type="checkbox"/>	Don't eat or drink anything that contains a stimulant (such as caffeine or theophylline [thee-oh-PHIL-leen]) for at least 24 hours before your test. See the box below for a list of things to avoid.
<input type="checkbox"/>	Don't eat or drink anything but water starting 6 hours before your test.
<input type="checkbox"/>	Wear comfortable clothes and shoes as you may be asked to walk on a treadmill.
<input type="checkbox"/>	Don't put any creams, lotions, or powder on your upper body on the day of your test.
<input type="checkbox"/>	Tell your doctor if you have a history of wheezing, asthma, long-term lung disease, or claustrophobia (fear of tight spaces).
<input type="checkbox"/>	If you are having a cardiac SPECT scan, don't take beta blockers or calcium channel blockers 24 hours before your test in addition to the items listed above.

Products to avoid 24 hours before your test:

Stimulants are products that can make your heart beat faster than normal. Avoid the following as they could interfere with your test:

- **Food and drinks containing caffeine:** Chocolate and cocoa, coffee and tea (including decaffeinated or herbal teas), any kind of soda pop (including regular and “caffeine-free” colas and root beer), diet supplements (including energy bars, energy drinks, and products containing guarana)
- **Prescription drugs containing caffeine:** Cafergot, Esgic, Fioricet, Fiorinal, Norgescic, Norgescic Forte, Synalgos-DEC, Wigraine
- **Over-the-counter medicines containing caffeine, theophylline, or both:** Anacin, Excedrin, Vivarin, NoDoz, Aerolate, Constant-T, Elixophylline, Quibron, Respid, Slo-bid, Slo-Phyllin, T-Phyl, Tedral SA, Theo-24, Theoclear, Theo-Dur, Theolair, Theo-Organidin, Theo-Sav, Theostat, Theo-X

This is only a partial list. Talk with your doctor or pharmacist if you have any questions about the foods and medicines you should avoid before your test.

Scheduling my appointment

A scheduling representative will call you to set up your test. At that time, we will give you specific driving and parking directions. Please write down your appointment in the box on the right.

Below is a complete list of Intermountain facilities where this test is done.

My appointment

Date: _____

Time: _____

Place: _____

Intermountain testing facilities

You can schedule your nuclear cardiac stress test at one of the following Intermountain facilities:

American Fork Hospital

170 N 1100 E American Fork, UT 84003

801-855-3350

Hours: 7 AM to 9 PM

Alta View Hospital

9660 S 1300 E Sandy, UT 84094

801-501-2289

Hours: 7 AM to 8 PM

Bear River Valley Hospital

905 N 1000 W, Tremonton, UT 84337

435-207-4550

Hours: Open 24 hours

Cedar City Hospital

1303 N Main St, Cedar City, UT 84721

435-868-5300

Hours: 8 AM to 5 PM

Cassia Regional Hospital

1501 Hiland Ave, Burley, ID 83318

208-677-6515

Hours: Open 24 hours

Dixie Regional Medical Center

1380 E Medical Center Dr, St. George, UT 84790

435-251-1701

Hours: 7 AM to 5 PM

Intermountain Medical Center

5169 Cottonwood St, Murray, UT 84107

801-507-7000

Hours: 6 AM to 9 PM

LDS Hospital

8th Ave, C St E, Salt Lake City, UT 84143

801-408-1792

Hours: 7 AM to 5 PM

Layton Hospital

201 Layton Pkwy, Layton, UT 84041

801-543-6040

Hours: 7 AM to 6 PM

Logan Regional Hospital

1400 N 500 E, Logan, UT 84341

435-716-5307

Hours: 6 AM to 6 PM

McKay-Dee Hospital

4401 Harrison Blvd, Ogden, UT 84403

Scheduling: 801-387-3000, Option #1

Fax: 801-387-3005

Hours: 6:30 AM to 9:30 PM

Park City Hospital

900 Round Valley Dr, Park City, UT 84060

435-658-7051

Hours: 7 AM to 6 PM

Riverton Hospital

3741 W 12600 S, Riverton, UT 84065

801-285-2600

Hours: Open 24 hours

Salt Lake Clinic

389 900 E, Salt Lake City, UT 84102

385-282-2205

Hours: 7 AM-7 PM

Sevier Valley Hospital

1000 N Main St, Richfield, UT 84701

435-893-4100

Hours: 8 AM to 6 PM

Utah Valley Hospital

1034 N 500 W, Provo, UT 84604

801-357-7871

Hours: 8 AM to 6:30 PM

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。

© 2019 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. More health information is available at intermountainhealthcare.org. FS087a-09/19 (Last reviewed -09/19) Also available in Spanish.