

Instruction for Nuclear I.V. Adensoine Study

1. If you are a new patient, please have your referring physician send us a copy of your most recent EKG.
2. Do not eat, drink or smoke three hours prior to your appointment.
3. You should not have any coffee, tea, cola, or alcohol for 24 hours before your appointment. This includes:
 - All forms of coffee including decaffeinated.
 - All forms of tea including decaffeinated.
 - All chocolate drinks.
 - All foods containing chocolate.
 - All soft drinks.
4. Please wear the appropriate clothing. There is a changing facility with towels to freshen up after the test.
 - Men: Comfortable shoes, loose fitting slacks or jogging shorts.
 - Women: Comfortable shoes, slacks, or shorts.

Please no:
Dresses, skirts, one-piece outfits, stirrup pants, pantyhose, girdles or tights.
5. Do not use any creams, lotions, oils, or powders on the body for 48 hours prior to your appointment.
6. If you are taking any of the following medications, please ask the prescribing physician if he or she wants you to taper your dosage prior to the test. Do not stop or taper any prescription unless your doctor has instructed you to do so.
 - a. Beta Blockers: i.e., Lopressor, Tenormin, Blocardren, Inderal, Corgard.
 - b. Digitalis preparations: i.e., Digoxin, Lanoxin.
 - c. Diuretics: i.e., Lasix, Hydrochlorogiazide.
 - d. Calcium Channel Blockers: i.e., Procardia, Isoptin, Cardizem, Calan, Verapomil.
 - e. Topical or Oral Nitrates: i.e., Nitropatches, Ismo, Isordil.
 - f. Diabetic medications: i.e., Insulin, Glucotrol, Micronase.
 - g. Any medicine for asthma or lung disease: i.e., Persantine.