

MYOCARDIAL STRESS TEST PATIENT PREP
UPDATED: MARCH 2012

CPT CODE: N/A

FOR ALL STRESS TESTS:

1. Patient needs be NPO (all solids and liquids) for a minimum of 4 hours prior to the stress portion of the test.
2. Patient should avoid of all forms of caffeine for a minimum of 12 hours prior to the stress test. This includes sodas, coffee, decaffeinated coffee, energy drinks, teas and chocolates. Nitro paste or patches need to be removed 30 minutes prior to the stress portion of the test. Nitro drips are to be discontinued as instructed by the physician in charge of the stress tests for that day.

** An exception may be made for treadmill or Airdyne stress tests **

For Adenosine/Dipyridamole/Regadenoson stress tests, the following medications may be requested to be held for the indicated time:

Aminophylline	1-2 days
Dipyridamole	2 days
Persantine	2 days
Slo-bid	3 days
Theo-Dur	3 days
Theophylline	3 days
Trental	1 day

Any medication containing caffeine, such as Excedrin, should be held for a minimum of 12 hours.

For Dobutamine/treadmill/Airdyne stress tests, the following medications may be requested to be held for the indicated times:

Atenolol	1-2 days	Metoprolol Succinate	2 days
Bystolic	1-2 days	Metoprolol Tartate	1 day
Carvedilol	1-2 days	Verapamil	1-2 days
Diltiazem	1-2 days		

The ordering physician may request that a particular stress test be completed while on certain medications. If so, the patient will be informed by his/her physician to do so.

*** Myocardial stress test patient prep will be reviewed by the exercise physiologist with the patient at the time of the reminder phone call ***

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