



NEWPORT COAST CARDIOLOGY

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NUCLEAR MEDICINE EXERCISE STRESS **PRE-TEST INSTRUCTIONS**

1. NO FOOD 4 hours prior to the test.
2. NO CAFFEINE the day of the test (includes coffee, **decaf** coffee, tea, soda.)
3. Wear comfortable clothing (i.e. shorts, jogging suit, T-shirt, button up shirt).
4. NO metal in clothing (i.e. underwire bra)
5. NO jewelry.
6. NO BODY LOTION on chest area 2 days prior to the test.
7. Bring a list of current medications. If you are prescribed an inhaler for medical reasons, please bring it with you on the day of testing.
8. Bring snacks and water (crackers, chips).
9. Wear tennis shoes or non-skid shoes if possible.
10. Be prepared to spend 2-3 hours in the office.

Please note that there is a Two Hundred Fifty Dollar (\$250.00) cancellation fee for any appointments cancelled with less than a 48 hour notice.

***** PLEASE DO NOT DISCONTINUE ANY MEDICATIONS***
*** WITHOUT FIRST CONTACTING YOUR PHYSICIANS *****

If you have any questions regarding this test, please feel free to contact our office:

Tel: (949) 548-6634 Fax: (949) 548-1431

PATIENT NAME: _____

APPOINTMENT DATE: _____

APPOINTMENT TIME: _____