

## **PHARMACEUTICAL STRESS TEST**

After consulting with your physician you should stop taking the following medication accordingly:

1. Xanthine derivatives (eg Aminophylline, Diprophylline, Theophylline, Cafegot, Lonarid etc) for **24 hours**.
2. NITROIDS (eg Nitrodyll, Nitrong, Pancoran, Pensordil, Risordan, Trinitrine, Monosordil, Isomon etc) tablets or patches for **24 hours**.

## **TREADMILL STRESS TEST**

After consulting with your physician you should stop taking the following medication accordingly:

1. B' BLOCKERS (e.g., Inderal, Tenormin, Lopressor, Visken, Corgard, Selectol, Sotalex, Neocardon, Trasicor) **for 48 hours**.
2. NITROIDS (eg Nitrodyll, Nitrong, Pancoran, Pensordil, Risordan, Trinitrine, Monosordil, Isomon) tablets or patches **for 24 hours**.
3. CALCIUM CHANNEL BLOCKERS (e.g., Adalat, Glopil, Tildiem, Coracten, Nefelid, Elvelid, Norvasc, Cardil, Syscor, Nifelid, Plendil) **for 24 hours**.

## **GENERAL INSTRUCTIONS**

- If you are diabetic, **do NOT take insulin** and / or do **NOT** take antidiabetic tablets **on the day of the test**.
- You should not consume **coffee, tea, Coca-Cola, cocoa, chocolate** **the day before and the day of the test**.
- You must be **fully fasted** (6) hours before testing.
- You should bring with you all relevant and especially all your cardiac examinations (previous scintigraphy, coronary angiography, stress test, ultrasound, ECG, etc.).
- On the day of your examination you should wear comfortable shoes and shirt or blouse with wide sleeves and for women comfortable skirt or trousers.

- The total exam **duration is 3-4 hours** and includes two stages:
- The first “stress test” stage lasts about an hour.
- The” resting” phase is done after two hours and takes about an hour.
- **DO NOT EAT OR DRINK ANYTHING BUT WATER** (bring along a bottle of cold water)
- **REMAIN IN THE NUCLEAR MEDICINE DEPARTMENT** throughout the examination.