

Instructions for Exercise/PET/Nuclear Stress Testing

1. **DO NOT** have any caffeinated or decaffeinated products for at least 24 hours prior to your test.
2. Take medications as directed by your ordering physician.
3. **DO NOT** eat breakfast the day of your test. If you are diabetic, you may have juice and toast three hours prior to your scheduled appointment time. Water is fine.
4. If your doctor has given you a copy of your EKG, PLEASE be sure to bring it with you.
5. Please make a list of your medications for us OR bring your medication with you.
6. The test takes approximately 3 to 5 hours. During the last hour of the test, you can eat and drink anything you want, so bring a snack and/or drink if you please. Some light snacks will be available.
7. Please dress comfortably:
 - Males: Wear short sleeve shirts as it is easier to take pressures and to start your IV.
 - Females: No one-piece outfits. A short sleeve button down shirt would be most appropriate and you may wear your undergarments.
 - Walking shoes or sneakers are advised for the treadmill
8. If you are **UNABLE** to make your appointment, please call **(302)731-0001** before 4:30 PM one day prior to your scheduled test.