

Sergio Sokol, M.D. FACC

5 Towns Heart Imaging Medical P.C.

NUCLEAR/EXERCISE STRESS TEST INSTRUCTIONS

1. No solid food 4 hours before the test. Water is ok.
2. No caffeine 24 hours before test.
3. Bring your cardiac medication with you.
4. Do not take the following medications 24 hours before your test: Toprol, Lopressor, Metoprolol, Bystolic, Coreg, Carvedilol, Atenolol.
5. If you are an asthmatic or diabetic patient, please let us know.
6. Pain medications are allowed to be taken.
7. Dress comfortably. (i.e. sneakers, sweatpants)
8. If you cannot keep your appointment, please call 24 hours in advance.
9. Expect to be in office for a few hours.
10. Refreshments will be provided.
11. If you do not have transportation, we will provide it for you.
12. Don't hesitate to ask our friendly staff any questions you may have.

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650 Central Avenue, Suite K Cedarhurst, NY 11516

TEL: (516) 804-8590 FAX: (516) 804-8591