

Clarkson Heart Center

MPI (NUCLEAR STRESS TEST) INSTRUCTIONS

CHECK-IN LOCATION: 4239 Farnam Street, Suite 100 Omaha, NE 68131

DATE: _____ TIME: _____

1. Please allow 2-3 hours for testing.
2. **DO NOT** eat or drink for 4 hours prior to testing time.
3. **DO NOT** take any medications the morning of your test. Instead, bring all medications with you and we will help determine what you are able to take prior to testing.
4. Wear comfortable clothing and tennis shoes to your appointment.
5. Bring a drink and snack with you to eat and drink **after** testing is complete.
6. You will have periods of wait time during testing. We encourage you to bring something to read, watch or work on.

****NO CAFFEINE (OR DECAF) 12 HOURS PRIOR TO YOUR TEST****

****SEE BACK OF CARD FOR EXAMPLES OF PRODUCTS TO AVOID****

Please confirm your appointment when called, in order to avoid delays on testing

If you have questions, concerns or need to reschedule, please call 402-552-2320 48 hours in advance

VERY IMPORTANT

****PRODUCTS TO AVOID****

**DRINKING OR EATING PRODUCTS THAT CONTAIN CAFFEINE MAY
RESULT IN DELAY OR CANCELLATION OF YOUR TEST.**

<u>FOOD</u>	<u>DRINK</u>	<u>MEDICATION</u>
CHOCOLATE	SODA	EXCEDRIN
PROTEIN BARS	CAFFEINE FREE SODA	*MOST HEADACHE MEDS*
ENERGY BARS	COFFEE	MIDOL
GUARANA SEEDS	DECAF COFFEE	PAMPRIN
MATCHA POWDER	TEA	NO-DOZ
	CHOCOLATE MILK	FIORINAL
	MATCHA	NORGESIC
	KOMBUCHA	

DON'T FORGET...

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