

Cardiovascular Medicine P.C.
Products and Medications to be Held
Prior to Nuclear Stress Testing

CAFFEINE products must not be consumed for **12 hours** prior to a nuclear stress test. The following products may contain caffeine and **should not** be consumed:

Energy drinks
Coffee/Decaf Coffee
Tea/Decaf Tea
Cola/Diet Cola/Decaf Cola
Mountain Dew/Diet Mountain Dew/Decaf Mountain Dew
Mellow Yellow Orange Cola
Anacin/Excedrin/Any pain relievers containing caffeine
Any food or drink containing **CHOCOLATE**, such as: ice cream, yogurt, pudding,
baked products, candy, cocoa, chocolate syrup and chocolate milk.

Please Note: Caffeine-Free and Decaffeinated products contain trace amounts of caffeine and must be avoided.

Medications to be held prior to regadenoson stress testing:

The following prescription medications **should not** be taken **for 48 hours** prior to your test time.

Dipyridamole (Persantine, Dipridacot), Aggrenox

Breathing medications known as xanthines **should not** be taken **for 24 hours** prior to your test time. These include:

Theophylline Slo-Bid Theo-24 Slo-Phylline
Uni-dur Theodur Uniphyll

Please Note: You should not quit taking any prescription medication without specific instructions from your doctor. If you have concerns about holding a medication, please ask your doctor prior to discontinuing the medication.