



The SWICFT Institute
625 9th Street North
Suite 201
Naples, FL 34102
239.261.2000 Phone
239.261.2266 Fax

James V. Talano, MD, MM, FACC
Peter R. Foster, MD, FACC
Sajan K. Rao, MD, FACC
Jennifer Mazorra, ARNP
Janet K. Sparker, PA-C, RN

Patient Name

Date of Test

M Tu W Th F

Time of Test

Patient Instructions for Chemical Nuclear Stress Testing

- ✓ NO CAFFEINE or DECAF (which include Coffee, Tea, Soft drinks, Chocolate or cocoa containing foods, Anacin, Excedrin or NoDoz) 24 hours prior to testing
- ✓ Drink plenty of water the day before and the morning of the test.
- ✓ Up to one hour prior to test, you may have breakfast with protein only. (Ex: eggs, eggs with cheese, ham, peanut butter – no toast, oatmeal, fruit)
- ✓ Take all MEDICATIONS as directed.
- ✓ Do not apply any lotions or oil to your body
- ✓ If having the treadmill test, wear COMFORTABLE shoes and attire.
- ✓ You may be here for approximately 4-5 hours. After the stress portion of the test, you will be able to leave for lunch and will be told a time to come back for the last portion of the test.
- ✓ Please advise the office if you are over 250 lbs as it may require the test to be done over 2 days.
- ✓ One hour before your test please drink 16 ounces of Club Soda or Sparkling Water
- ✓ Please call the office if you have any questions.