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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
- ✓ Dinner the night before the test should only consist of protein and vegetables (no potatoes, fruit, breads, pasta or juices)
- ✓ Drink plenty of water the day before and the morning of the test.
- ✓ Up to two hours 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.