

**CARDIAC DIAGNOSTIC CENTER AT THE MISSOURI HEART CENTER Exercise Sestamibi Stress
PREPARATION FOR YOUR TEST**

1. No caffeine or decaffeinated drinks or products 24 hours prior to test or may have to be rescheduled. This includes coffee, tea, soda, chocolate & medications containing caffeine, i.e. Excedrin.
2. Do not eat for six hours prior to your appointment time. You may drink water.
3. Hold beta blocker medication for 24 hours before the test.
4. Hold diabetic medication the morning of the test and bring them with you.
5. Bring medications or a list of them to appointment.
6. Wear a comfortable two piece outfit.
7. Patient will receive injection, scan, exercise stress and follow up scan.
8. This test will take 3-5 hours.

Thank you for choosing Boone Health for your healthcare needs. For more information on the services we provide, visit us at www.boone.health.