



ASSOCIATES IN CARDIOLOGY, P.A.

SPECIAL INSTRUCTION SHEET DIABETIC PATIENTS ONLY

- YOUR DIABETES MEDICATION MAY BE ALTERED DUE TO THE SCHEDULED TIME OF YOUR NUCLEAR MEDICINE STRESS TEST.

REMEMBER: YOU SHOULD NOT EAT FOR AT LEAST 3 HOURS BEFORE THE STRESS TEST

- IF YOU ARE ON INSULIN AND YOUR APPOINTMENT IS BEFORE 10AM, TAKE ½ OF YOUR REGULAR EVENING DOSE THE NIGHT BEFORE THE TEST. ON THE DAY OF THE TEST **WAIT** TO TAKE YOUR INSULIN UNTIL AFTER THE PROCEDURE WHEN YOU HAVE YOUR FIRST MEAL.
- IF YOUR TEST IS AFTER 11AM, TAKE ½ OF YOUR INSULIN IN THE MORNING WITH A LIGHT TO NORMAL BREAKFAST
- IF YOU ARE ON ORAL DIABETIC MEDICATION, DO NOT TAKE YOUR DIABETES MEDICATION UNTIL AFTER THE PROCEDURE AND WHEN YOU EAT YOUR NEXT MEAL. (FOR EXAMPLE: IF YOUR TEST IS SCHEDULED @ 12NOON OR 1 PM, EAT A LIGHT BREAKFAST BEFORE 9 AM, BUT DO NOT TAKE YOUR MEDICATION BECAUSE YOU WILL NOT GET TO EAT LUNCH ON TIME. WAIT TO TAKE YOUR MEDICATION WITH YOUR MEAL AFTER THE TEST)
- CONTINUE TO TAKE ANY OTHER MEDICATIONS (BLOOD PRESSURE & HEART MEDICATIONS) AS USUAL

ALL DIABETIC PATIENTS SHOULD CHECK THEIR BLOOD SUGAR LEVEL ON THE MORNING OF THE TEST. SOME ADJUSTMENTS TO THIS PLAN MAY BE NECESSARY.

- ESPECIALLY IF YOUR BLOOD SUGAR DROPS BELOW 70 OR IS ABOVE 300, MAKE THE NECESSARY CHANGE OR CALL OUR OFFICE FOR GUIDANCE

PLEASE CALL IF YOU HAVE ANY ADDITIONAL QUESTIONS: 301-681-5700