



Teton Nuclear Medicine Service

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DIRECTIONS FOR INSULIN/FOOD USE PRIOR TO STRESS THALLIUM TREADMILL OR ADENOSINE STRESS TEST

1. Do not eat or drink anything but water (only small amounts) after midnight prior to your test. If you have problems with a low sugar reaction during the night or in the early morning, treat it with $\frac{1}{2}$ c. clear fruit juice; e.g., apple, cranberry or grape juice. Do not use soda pop as carbonated beverages should be avoided for 24 hours prior to the test.
2. Do not drink beverages with caffeine or carbonation for 24 hours prior to test.
3. *If you are taking Lanoxin*, do not take it the day before your test or the day of your test.
4. Do not take any heart or blood pressure medications the evening before your test or that morning. Bring them with you so that you can take them after the test.
5. If you are on insulin, you will need to take some insulin, even though you will not be eating. Follow the guidelines below for the type of insulin you are currently taking.
 - *If you are taking Humulin N, Humulin N and Humalog or regular, or 7/30 insulin:*
You may take your insulin as needed the night before the test. The morning of the test, do not take your Humalog or Regular. Take $\frac{1}{2}$ dose of N or 7/30 as scheduled in the a.m. Take the other $\frac{1}{2}$ dose of N or 70/30 after the first phase of the test before eating your light lunch. Use Humalog or Regular as a correction factor at that time to help lower your blood sugar.
 - *If you are taking Humulin Ultralente and Humalog or Regular:*
You may take your insulin as needed the night before the test. The morning of the test, take your regular dose of Ultralente. Take Humalog or Regular when you eat after the test.
 - *If you are on a pump:*
Continue with your basal insulin and only bolus correction factors after midnight. You may start eating and bolusing after the first phase of the test.

If you have problems with a low sugar reaction during the night or in the early morning, treat it with $\frac{1}{2}$ c. clear juice; e.g., apple, grape or cranberry.
6. You may have a light liquid lunch *after* the initial test is done. Stay with 45-60 gm CHO. You may eat again after the second phase of the test is completed.

The above information is provided by Rocky Mountain Diabetes Center.