

STRESS TEST PREPARATION

Stress Test Instructions

Preparation Instructions

- * Do not smoke for 24 hours
- * Do not consume caffeine 12 hours prior to the test. This includes coffee, pop, tea, chocolate, or any medications containing caffeine

Day of Test

- * Please wear comfortable shoes and clothing (ie. shorts, sweat pants, yoga pants, running shoes etc)
- * You may have a light meal (toast & juice) 3-4 hours before your testing and then nothing to eat until after the test has been completed

Diabetic Patients

- * If you are diabetic and your test is scheduled before 12 noon, you should have a light breakfast (toast & juice) and 1/2 of your morning insulin dose at least 3-4 hours before your appointment. For appointments after 12 noon, you may have a full breakfast with your entire morning dose of insulin

Medication Instructions

If you have been prescribed any of the following medications, you should hold them for 24 hours prior to your test unless otherwise told by your physician

- | | | |
|--------------------------|----------------------------|--------------------------|
| *Aggrenox (Dipyridamole) | *Levitra (Vardenafil) | *Tenormin (Atenolol) |
| *Betapace (Sotalol) | *Lopressor (Metoprolol) | *Theo-dur (Theophylline) |
| *Blocadren (Timolol) | *Normodyne (Labetalol) | *Timolide (Timolol) |
| *Bystolic (Nebivolol) | *Persantine (Dipyridamole) | *Toprol (Metoprolol) |
| *Cialis (Tadalafil) | *Propranolol | *Trandate (Labetalol) |
| *Coreg (Carvedilol) | *Sectral (Acebutolol) | *Viagra (Sildenafil) |
| *Visken (Pindolol) | *Ziac (Bisoprolol) | *Diltiazem |