



PATIENT INSTRUCTIONS FOR STRESS TESTING

- Do not eat or drink for at least **six hours** before the test is scheduled
- **No caffeine** (coffee, cola, chocolate, etc.) for at least **12 hours** before the test
- Wear comfortable, loose fitting clothes and tennis shoes (no heels or sandals)
- Bring all current medications with you to your appointment
- Please bring all insurance information (cards, referral forms) with you
- Diabetic patients please do not take your diabetic medication on the day of testing

Do not take the following medications the day prior to and the morning of the test (unless otherwise instructed):

■ **Beta Blockers:**

Acebutolol, Atenolol, Betapace, Bisoprolol, Carvedilol, Coreg, Corgard, Inderal, Inderide, Labetalol, Lopressor, Metoprolol, Nadolol, Normodyne, Propranolol, Sectral, Sotalol, Tenoretic, Tenormin, Toprol, Zebeta, Ziac...

■ **(Some) Calcium Channel Blockers:**

Bepidil, Calan, Cardizem, Covera, Dilacor, Diltiazem, Nimodipine, Nimotop, Pindolol, Tarka, Tiazac, Vascor, Verapamil, Verelan, Viskin ...

Please note that Nuclear Stress Testing does not use the same “contrast dye” as that used for other medical tests. Thus, a prior allergic reaction to contrast dye is not an exclusion for this test.

PATIENT INSTRUCTIONS FOR ECHOCARDIOGRAMS:

Avoid a large meal just prior to your examination. Fasting is not required.
No medication adjustments are required.

THANK YOU!