



STRESS TEST PREPARATION **EXTR (TREADMILL W/IMAGING)**

DO NOT:

- **DO NOT EAT: ANYTHING 4 HOURS BEFORE** the Test — **WATER IS OKAY.**
- **DO NOT CONSUME CAFFEINE for 24 hours before the Test:**
 - NO Regular Coffee or Tea; NO Decaf Coffee or Tea
 - NO Soda **INCLUDING** Caffeine-Free
 - NO Chocolate
 - NO OTC Medications with Caffeine Including:
 - Anacin, Cafegot, Esgic, Excedrin, Fiorcet, Florinal, NoDoz, Norgesic, Vivarin, Wigraine
- **DO NOT TAKE:** Beta Blockers OR Calcium Channel Blockers for **24 HOURS** prior to the test: **Generic Name (brand name)**

→ Acebutolol (<i>Sectral</i>)	→ Felodipine
→ Amlodipine (<i>Norvasc</i>)	→ Labetalol (<i>Nomodyne, Trandate</i>)
→ Atenolol (<i>Tenormin</i>)	→ Metoprolol (<i>Lopressor, Toprol XL</i>)
→ Carvedilol (<i>Coreg, Coreg CR</i>)	→ Nadolol (<i>Corgard</i>)
→ Diltiazem (<i>Cardizem, Cartia, Dilacor, Dilt-CD, Diltia XT, Dilt-XR, Diltzac, Matzim LA, Taztia XT, Tiazac</i>)	→ Nebivolol (<i>Bystolic</i>)
→ Propranolol (<i>Inderal</i>)	→ Nifedipine (<i>Procardia</i>)
	→ Verapamil (<i>Calan, Cover-HS, Chronovera, Isoptin SR, Verelan PM</i>)
- **DO NOT USE** creams, lotions, or powders to your chest area on the day of the test.

DO:

- Wear comfortable cotton clothes and shoes – **DO NOT WEAR A DRY FIT SHIRT, DRESSES, SANDALS, OR FLIP-FLOPS.**
- May bring a sweater with you as you wait in the waiting room.
- May bring a book, iPad, Tablet, phone for your own use as you wait.
- If you have a hairy chest please shave it, if not it will be done for you prior to testing.

DIABETICS:

- MORNING TEST: **HOLD YOUR MEDICATIONS** until after the test.
- AFTERNOON TEST: **EAT & TAKE YOUR MEDICATIONS AS USUAL** 4 hours prior to your test.
- You may bring a snack with you to the office for when your testing is complete.

TESTING TIME TAKES APPROXIMATELY 1.5 HOURS

NOTICE: IF YOU DO NOT GIVE A MINIMUM OF 24 HOUR NOTICE WHEN CANCELLING OR RESCHEDULING YOUR STRESS TEST THERE WILL BE A

NON-REFUNDABLE CHARGE OF \$75.00