



STRESS TEST PREPARATION *PHARMACOLOGICAL (LEXI)*

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 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.**