Instructions for Cardiac Stress Test

1. Plan to be here for 1 to 1 ½ hours

2. Do not eat for at least 2 hours before the test

3. The preceding meal should be a light one

4. No butter, cream, caffeine, decaf products, chocolate, or alcohol.

5. If you take any of the medications listed here, only take ½ a pill the day before the test and *none the day of the test*. Lanoxin, Inderal, Propranolol, Tenormin, Atenolol, Coreg, Carvedilol, Corgard, Nadolol, Lopressor, Toprol XL, Metoprolol, Sectral, Acebutolol, or any type of Beta-Blocking agents.

6. Men: Wear gym or Bermuda shorts, or loose-fitting light trousers and a loose fitting or button up shirt. Wear sneakers or walking shoes.

7. Women: Wear short sleeve, loose fitting or button front blouse and loose-fitting pants or shorts. A bra should also be worn. Wear sneakers, flats or walking shoes.

Our office policy requires a 48 HOUR NOTICE if you are unable to keep your appointment. If you have any questions or concerns, please feel free to call our office.

\*\*Please note NO narcotics will be filled during any procedure appointment. \*\*