

Stress Test Instructions

1. 24 hours without caffeine or theophylline products (ex; coffee, soda, tea,)
2. Do not eat or drink for three hours before your appointment.
3. Wear comfortable, two-piece, loose-fitting apparel (top and bottom) and comfortable walking shoes.
4. DO NOT apply any oily or greasy substances to your chest.
5. DO NOT smoke the morning of the test.
6. Bring ALL medications, including inhalers and blood pressure medications, to be taken immediately after the exam.
7. Some calcium channel blockers and beta-blockers must be withheld 24 hours prior to the test; a list is attached.
8. If you have an albuterol inhaler or carry oxygen, please bring it.

Diabetic patients: Eat a light meal 2–3 hours prior to your appointment.

Female patients: Please inform the office if you are pregnant, plan to become pregnant, or are nursing.

If you have any questions, please do not hesitate to contact the office.

BETA BLOCKER

<u>Generic Name</u>	<u>Brand Name</u>	<u>Withhold</u>
<u>Atenolol</u>	<u>Tenormin</u>	<u>24 hours</u>
<u>Betaxolol</u>	<u>Kerlone</u>	<u>24 hours</u>
<u>Bisoprolol</u>	<u>Zebeta</u>	<u>24 hours</u>
<u>Carvedilol</u>	<u>Coreg</u>	<u>24 hours</u>
<u>Labetalol</u>	<u>Normodyne</u>	<u>24 hours</u>
<u>Metoprolol</u>	<u>Lopressor</u>	<u>24 hours</u>
<u>Nadolol</u>	<u>Corgard</u>	<u>24 hours</u>
<u>Nebivolol</u>	<u>Bystolic</u>	<u>24 hours</u>
<u>Pindolol</u>	<u>Visken</u>	<u>24 hours</u>
<u>Propranolol</u>	<u>Inderal</u>	<u>24 hours</u>
<u>Timolol</u>	<u>Blocardren</u>	<u>24 hours</u>

Calcium Channel Blockers

<u>Generic Name</u>	<u>Brand Name</u>	<u>Withhold</u>
<u>Diltiazem</u>	<u>Cardizem, Diacor, Tiazac</u>	<u>24 hours</u>
<u>Verapamil</u>	<u>Calan, Covera, Isoptin, Verelan</u>	<u>24 hours</u>

Thank you