

Appointment Date: _____

Appointment Time: _____

STRESS TEST PREPARATION CHECKLIST

➤ Please take all of your daily medications as usual **EXCEPT** Beta Blockers. **If you are taking a Beta Blocker, do not take it for 24 hours BEFORE your test. **SEE NEXT PAGE FOR LIST OF BETA BLOCKERS**

➤ You may have a light meal and a non-caffeinated drink, up to **2 hours before your test.**

➤ Do **not** consume **any** caffeine or alcohol for at least **24 hours** before your stress test:

(WE RECOMMEND JUICE, WATER AND MILK FOR YOUR LIQUIDS)

Beverages, Food and Drugs WITH CAFFEINE: (DO NOT TAKE!)

Cocoa, Chocolate, Regular and Decaffeinated Coffee, Regular and "Caffeine Free" Sodas, Tea, Anacin, Cafegot, Esgic, Excedrin, Fioricet, Fiorinal, NoDoz, Norgesic, Norgesic Forte, Synalgos-DC, Wigraine, Vivarin

➤ Wear comfortable clothing and shoes appropriate for brisk exercise on a treadmill or stationary bicycle.

➤ Do not apply any aftershave, creams, lotions, or powder to your chest and neck area on the day of your test.

➤ If you have a history of wheezing, Asthma, or chronic lung disease, **please inform the technician and bring your inhaler to your appointment, if applicable.**

➤ If you are a diabetic on insulin or oral hypoglycemic medications, eat a light snack and take your medications.

➤ **STRESS ECHO TESTING PATIENTS:** Your appointment will take approximately **45 minutes.**

➤ **NUCLEAR STRESS TESTING PATIENTS:** Your appointment will take approximately **2 hours.**

➤ Materials for **NUCLEAR TESTING** are expensive and ordered for each individual patient. If you must cancel or change your appointment, please do so 24 hours before your scheduled appointment time. Patients who cancel their appointment with less than 24 hours notice will be charged a \$75 wasted material fee.



BETA BLOCKERS

<u>BRAND NAMES</u>	<u>GENERIC NAMES</u>
BETAPACE	SOTALOL
BLOCADREN	TIMOLOL
BREVABLOC	ESMOLOL
CARTROL	CARTEOLOL
COREG	CARVEDILOL
CORGARD	NADOLOL
CORZIDE	NADOLOL/BENDROFLUMETHIAZIDE
INDERAL	PROPANOLOL
INDERIDE	PROPANOLOL/HCTZ
KERLONE	BETAXOLOL
LAVATOL	PENBUTOLOL
LOPRESSER HCT	METOPROLOL/HCTZ
LOPRESSOR	METOPROLOL
NORMADYNE	LABETALOL
SECTRAK	ACEVYTIKIK
TENORETIC	ATENOLOL/CHLORTHALIDONE
TENORMIN	ATENOLOL
TIMOLIDE	METAPROLOL
TRANDATE	LABETALOL
VISKEN	PINDOLOL
ZEBETA	BISOPROLOL
LOPRESSOR	TOPROL