



PREPARING FOR YOUR CARDIAC STRESS TEST

1. No caffeine at least 3 hours prior to the procedure. (This raises your heart rate and blood pressure)
2. Please do not eat or drink for three hours prior to the procedure. (You may sip water only)
3. Please do not put on lotion or oils.
4. Please skip your morning dose of Beta-blocker medications on the day of the procedure. Examples of Beta-blockers include: Toprol XL (metoprolol), Coreg (carvedilol), Termormin (atenolol), Inderal/Innopran (propranolol), Bystolic (nebivolol), and Ziac/Zebeta (bisoprolol). If you are unsure about the medication you are taking, please contact our office.
5. Please continue all other medications, including blood pressure medications, the day of testing except for Beta-blockers.
6. Diabetics taking insulin should continue taking their insulin.
7. Wear comfortable clothing and shoes that are suitable for exercise.
8. Allow approximately one hour for the entire test.
9. No Shows or any cancellations less than 24 hours of the appointment will result in a \$50 charge.