

STRESS TEST

PREPARATION

- **CLOTHING:** Wear two-piece, loose fitting clothing and rubber-soled walking or running shoes that are comfortable for exercising.
- **FOOD:** You may have a light meal two (2) hours prior to the test. **No caffeine or decaffeinated products (example: chocolate, tea, coffee, etc) for 24 hours prior to the test.**
- **INSURANCE:** If you covered by an insurance plan that requires a referral from a primary care physician, please make those arrangements prior to your visit.
- **DO NOT USE** bath oils, lotions, or powders on the morning of the test. You may use deodorant.
- **MEDICATIONS:** Please refer to the bottom of this form (page 2) for further instructions regarding your medications. **Diabetic patients** should **NOT** take their usual morning diabetic medications.
- **NOTE:** If you have **Asthma** or **Emphysema**, and use an inhaler, please bring it with you and notify our technologist at the time of your test.
- **ARRIVAL:** Please arrive 15 minutes before your scheduled time if you are an established patient and 30 minutes before your test if you are a new patient.

DURING THE TEST

- This test involves walking on the treadmill to increase your heart rate.
- You will have your blood pressure monitored prior to, during, and after the test.
- The test takes approximately 30 minutes.

QUESTIONS/CONCERNS

If you have any questions or concerns, please feel free to call our office anytime at **972-985-8838**.

Thank you for your time, patience and cooperation!

Please refer to page 2 for your medication instructions.



Unless otherwise instructed by your physician:

DO NOT take the following medications the evening before or day of your test, but **DO** bring them with you:

Beta Blockers:

Most Common:

Atenolol
Bisoprolol
Carvedilol
Coreg
Inderal
Lopressor
Metoprolol
Propranolol
Toprol
Zebeta
Bystolic
Nebivolol

Less Common:

Acebutolol
Betaxolol
Blocadren
Corgard
InnoPran XL
Kerlone
Nadolol
Sectral
Tenormin

Calcium Channel Blockers:

Most Common:

Cardizem
Calan (SR)
Covera HS
Diltiazem
Isoptin SR
Tiazac
Verapamil
Verelan (PM)