

INSTRUCTIONS FOR CARDIAC STRESS TEST

1. If you are a new patient, please have your referring physician send us a copy of your most recent EKG.
2. Do not eat, drink, or smoke three hours prior to your appointment.
3. Your last meal should not include any caffeine or alcohol.
4. Please wear the appropriate clothing. There is a changing facility with towels to freshen up after the test.
Men: Comfortable shoes, loose fitting slacks
or jogging shorts.

Women: Comfortable shoes, slacks, or shorts.
Please no:
Dresses, skirts, or one piece
outfits. Stirrup pants, panty hose, girdles, or tights.
5. Do not use any creams, lotions, oils, or powders on the body for 48 hours prior to your appointment.
6. If you are taking any of the following medications, please ask the prescribing physician if he or she wants you to hold or taper your dosage prior to the test. **Do not stop or taper any prescription unless your doctor has instructed you to do so.**
 - a. Beta Blockers: i.e., Lopressor, Tenormin, Blocardren, Inderal, Corgard.
 - b. Digitalis preparations: i.e., Digoxin, Lanoxin.
 - c. Diuretics: i.e., Lasix, Hydrochlorothiazide.
 - d. Calcium Channel Blockers: i.e., Procardia, Isoptin, Cardizem, Calan, Verapomil.
 - e. Topical or Oral Nitrates: i.e., Nitropatches, Ismo, Isordil.
 - f. Diabetic medications: i.e., Insulin, Glucotrol, Micronase.
 - g. Any medicine for asthma or lung disease: