



STRESS TEST INSTRUCTIONS

24 HRS BEFORE AND ON THE DAY OF THE TEST

- ✓ Do **not** drink coffee, tea, soda or alcohol (including decaffeinated beverages).
- ✓ Avoid food and drinks containing caffeine (candies, cakes, brownies, pudding, chocolate milk, hot cocoa, diet supplement bars, etc.).
- ✓ You may drink water, juice, and milk. **Please keep yourself well hydrated.**
- ✓ The procedure **may** take up 3 to 4 hours so be prepared. Please bring a snack or light lunch.
- ✓ Do not eat 3 hours before the test.
- ✓ Do not exercise before the test.
- ✓ Do not smoke
- ✓ Wear comfortable clothing **without** metallic buttons or zippers near the chest area. Bra hooks are okay.
- ✓ Take all your daily regimen medications the day of exam. If you're a diabetic **hold** all your diabetic medication including **INSULIN** the morning of the test.

Patients with unsteady gait or wheelchair bound must be accompanied by a family member at all times.

***** Patients that are crossing the border or any check points need a letter stating that nuclear stress testing was done*****

- ✓ If you have any questions regarding the nuclear stress test, feel free to call our office at (915) 577-9009.

24 HOURS BEFORE STRESS TESTING:

**Avoid over the counter drugs containing caffeine

ALL STRESS TESTS



Avoid drugs containing Theophylline

- Aerolate
- Slobid
- Theo-Dur
- Constant-T
- Slo-Phyllin
- Theolair
- Elixophylline
- T-Phyl
- Theo-Organidin
- Primatene (tablets)
- Tedral SA
- Theo-Sav
- Quibron
- Theo-24
- Theostat
- Respbid
- Theoclear
- Theo-X
- Slo-Phyllin

ONE DAY BEFORE AND ON THE DAY OF TESTING

TREADMILL OR DOBUTAMINE

Avoid Beta Blocker medications or Calcium Channel Blocker medications

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| ○ Tenormin / Atenolo | * Cartia |
| ○ Coreg / Carvedilol | * Diltiazem |
| ○ Toprol / Metoprolol | * Cardizem |
| ○ Lopressor / Metoprolol | * Tiazac |
| ○ Trandate, Normodyne / Labetalol | * Calan |
| ○ Inderal / Propranolol | |
| ○ Corgard / Nadolol | |
| ○ Betapace / Sotalol | |
| ○ Bystolic | |