

# *CARDIOVASCULAR CONSULTANTS, P.A.*

Keith M. Lindgren, M.D., FACC

Dennis J. Donohue, M.D., FACC

Louis J. Larca, M.D., FACC

David M. Brill, M.D., FACC, FSCAI

James L. Cockrell, Jr., M.D., FACC

Laurence R. Kelley, M.D., FACC

Maureen C. Fennell, M.D., FACC

---

## **Office Locations:**

7901 Maple Avenue  
Takoma Park, MD 20912  
**301-891-7000 Office**  
**301-891-7009 Fax**

15215 Shady Grove Road #306  
Rockville, MD 20850  
**301-990-0040 Office**  
**301-990-0043 Fax**

## **24 Hour Preparation for Exercise Stress Tests** **Stress Echocardiograms and Treadmills**

- **PLEASE BRING WITH YOU THE PHYSICIAN REQUEST OR ORDER FOR YOUR TEST** (If your test was ordered by a physician at Cardiovascular Consultants, your order will be here in your chart).
- **NO CAFFEINE 24 HOURS prior to your test** (this includes chocolate, coffee, tea and decaffeinated products -- see attached list).
- **DO NOT EAT 3 HOURS PRIOR TO YOUR TEST.**
- Avoid using any lotions, colognes, or powders on your chest on the day of your test. You may use deodorant and lotions elsewhere on your body.
- Wear comfortable tennis shoes and a **short sleeve T- shirt. Women please wear a 2-piece outfit – a button down shirt is ideal.**
- **No smoking 12 hours prior to the test.**
- **The test takes approximately 60 minutes to complete.**
- **Do not take Beta blockers the day before or the day of the test (unless advised by your physician).** You may resume after testing is completed. (see attached list)
- **Do not take calcium channel blockers 24 hours prior to the test (unless advised by your physician).** You may resume after testing is completed. (see attached list)

**Supplemental List from page 1**

Please pay attention to the requirements listed below. **If these instructions are not followed, you may not be able to have your test performed.**

- 1. Medications called beta blockers (listed below) SHOULD NOT be taken the day before or the day of the test unless directed by your physician.**

<b>Brand Name</b>	<b>Generic Name</b>
Atenolol	Tenormin
Betapace**	Sotolol**
Blocadren	Timolol
Bystolic	Nebivolol
Coreg	Carvediolol
Corgard	Nadolol
Inderal	Propranolol
Levatol	Penbutolol
Lopressor	Metoprolol tartrate
Pindolol	Pindolol
Sectral	Acetbutolol
Tenoretic	Atenolol with a water pill
Toprol XL	Metoprolol succinate
Trandate	Labetolol
Zebeta	Busoprolol
Ziac	Bioprolol with a water pill

**\*\*\* Please ask your physician if this drug is to be continued\*\*\***

- 2. Medications called calcium channel blockers (listed below) should NOT be taken 24 hours prior to the test unless approved and directed by your physician.**

<b>Brand Name</b>	<b>Generic Name</b>
Calan / Isoptin/ Verelan/ Covera/ Tarka	Verapamil
Cardizem/Cartia / Dilacor/ Tiazac	Diltiazem

- 3. Medications containing Theophylline should not be taken 24 hours prior to the test unless directed by your physician.**

- 4. Caffeine can interfere with test results. If caffeine is consumed, your test will require cancellation. \*\*\*DO NOT EAT / DRINK Caffeinated products 24 hours prior to stress testing\*\*\*\***

**List of Caffeinated Products:**

**DRINKS CONTAINING CAFFEINE:**

Coffee – brewed, instant, decaffeinated

Tea – brewed, iced, instant

Colas - Coca-cola, diet cola, Tab, Pepsi, Diet Pepsi, Dr. Pepper, Caffeine free colas, Mr. Pibb, Mellow Yellow, Mountain Dew, Root Beer

Chocolate milk

Cocoa

Sports drinks containing caffeine

**FOODS CONTAINING CAFFEINE:**

Chocolate candy

Baking chocolates

Chocolate cake

Chocolate pudding

**MEDICATIONS CONTAINING CAFFEINE:**

Cafergot

Esgic

Floracet

Fiorinal

Norgesic

Anacin

Excedrin