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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.**

Brand Name	Generic Name
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.**

Brand Name	Generic Name
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