



## PREPARING FOR YOUR CARDIAC STRESS TEST

1. No caffeine at least 3 hours prior to the test (this raises your heart rate and blood pressure).
2. Please do not put on lotion or oils.
3. Please skip your morning dose of Beta-Blocker medications on the day of the test: Toprol XL/Lopressor (metoprolol), Coreg (carvedilol), Tenormin (atenolol), Inderal/Innopran (propranolol), Bystolic (nebivolol), and Ziac/Zebeta (bisoprolol), Sectral (acebutolol), Corgard (nadolol), Betapace (sotalol), Brevibloc (esmolol), Kerlone (betaxolol), Levatol (penbutolol).  
If you are unsure about the medication you are taking, please contact our office.
4. Please continue all other medications, including blood pressure medication, the day of the test **except** for Beta-Blockers.
5. Diabetics taking insulin should continue taking their insulin.
6. Wear comfortable clothing (2 piece) and shoes that are suitable for exercise.
7. Allow at least one hour for the entire test.
8. If you, the patient, do not cancel your scheduled appointment at least 24 hours prior to the test, you may be billed a \$50 no show fee. If you, the patient, are more than 20 minutes late for the scheduled test, you may have to reschedule and may be billed a \$50 no show fee.

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Patient Name (print): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Appointment Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_