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Stress Test Information Sheet

Date of Test: _____ @ _____

_____ Treadmill

_____ Exercise Stress with Nuclear Scan (Treadmill)

_____ Lexiscan Stress with Nuclear Scan (Medication)

The Stress Test may take 3-4 hours.

- Please bring your medication list and insurance card(s) with you.
- Do not have any CAFFEINE for 24hrs prior to your appointment. This includes Decaf coffee, decaf tea, chocolate, any soda. If the appointment is before 10 am please fast after midnight, water only. After 10 am a very light breakfast such as toast or cereal, & juice is allowed. You are permitted to bring a snack and drink with you.
- No smoking or chewing gum the day of the test.
- If you are taking any of these medications: Persantine, Dipyridamole, Aggrenox, Theophylline, Theo-Dur, Theo24 or SloBid, please do not take these for 48hrs prior to your appointment.
- Please wear comfortable, loose fitting clothing and walking shoes to your appointment. A short sleeved shirt and sweatpants/shorts are best.
- If you are on the treadmill you will need to hold these beta-blockers and calcium channel blockers listed below. You will need to hold the evening and morning dose of these medications. You can bring them with you to your appointment. Please take all your other medications with water.

Medications to hold (Treadmill patients):

Beta Blockers:

Propranolol	Bystolic	Sotalol	Timolol	Nadolol	Atenolol
Tenormin	Lopressor	Metoprolol	Toprol	Coreg	Inderal
Bisoprolol	Labetalol	Carvedilol	Corgard	Ziac	

Calcium Channel Blockers:

Calan	Verapamil	Nifedipine	Diltiazem	Cardizem	Norvasc
Amlodipine	Procardia	Plendil	Felodipine		