



**Michigan CardioVascular  
Institute**

**IMPORTANT—REVIEW THESE INSTRUCTIONS  
2 DAYS PRIOR TO YOUR TEST**

**EXERCISE STRESS TEST PREPARATION**

You have been scheduled for your test at \_\_\_\_\_  
on \_\_\_\_\_ at \_\_\_\_\_.

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1. **DO NOT HAVE ANY CAFFEINE, DECAFFEINATED BEVERAGES, CHOCOLATE, OR TEA FOR 12 HOURS BEFORE TEST.**
2. **IF YOU TAKE ANY OF THE MEDICATIONS LISTED ON THE ATTACHED MEDICATION SHEET, PLEASE DO NOT TAKE THESE MEDICATIONS THE DAY BEFORE AND THE DAY OF YOUR TEST.**
3. **DO NOT USE TOBACCO OR ALCOHOL PRODUCTS FOR 12 HOURS BEFORE TEST.**
4. **DO NOT EAT OR DRINK FOR TWO (2) HOURS BEFORE YOUR TEST.**
5. If you are a diabetic, ask your doctor's office for special instructions. If you are currently on insulin, please bring your insulin with you.
6. Wear comfortable loose-fitting clothing such as slacks or walking shorts (no one-piece items such as jumpsuits or dresses) and comfortable socks and walking shoes preferably tennis shoes or jogging shoes.
7. Allow one (1) hour for completion of the stress test. This includes preparation time and post-test monitoring.
8. Please read and follow the attached medication sheet and bring your current list of medications, and dosages with you.
9. Please inform the medical personnel of any back problems, problems with walking, recent illness, or chest discomfort, etc.

If you have any questions, please contact us at the MCVI office where your test is scheduled.



## **WHAT IS A GRADED EXERCISE TEST?**

The stress test is a procedure to show how the heart is working during exercise. It can be used to evaluate chest pain, coronary artery bypass surgery, rehabilitation, your fitness for work or recreation, or your response to therapy.

The test consists of having you walk on a treadmill. Your EKG and blood pressure will be monitored throughout the test. You will begin by walking slowly uphill. The speed and grade will be gradually increased. The test will be stopped when you reach your target heart rate, have chest pain, become very short of breath, dizzy, tired, or the physician stops the test. Your target heart rate is the rate at which the heart of a person your age and sex should be able to reach. It is very important for you to tell the physician exactly how you are feeling.

If you have any questions, please contact us at the MCVI office where your test is scheduled.



# THESE MEDICATIONS BEFORE YOUR TEST

## FOR 2 DAYS

### (1 day before & day of test)

Acebutol--generic for  
Sectral capsules  
Adalat-generic for Procardia  
Amlodipine  
Atenolol-generic for  
Tenormin/Tenoretic  
Benzylamide & Nadolol  
-combination products for Corzide  
Betaxolol-generic for Kerlone  
Betaloc  
Betazolol  
Bisoprolol  
Blocadren  
Brevibloc injection  
Butalbital  
Caduet  
Cafergot  
Calan and Calan SR  
Cardene  
Cardizem  
Cardizem LA  
Carteolol-generic for Cartrol tablets  
Cartia  
Carvedilol  
Celiprocil  
Corgard  
Coreg  
Corzide  
Covera  
Darvon  
Deponit Patch  
Dilacor  
Dilatrate  
Diltiazem  
Dilor  
Dilor G  
DynaCirc  
Esgic & Esgic-plus  
Excedrin  
Felodipine  
Fioricet  
Fioricet with Codeine  
Fiorinal  
Fiorinal with Codiene  
HCTZ & Propranolol-combination  
products for Inderide long-acting  
tablets/Inderide

HCTZ & Labetalol (Hydrochlorothiazide)  
-combination products for Normozide  
HCTZ & Timolol-combination  
products for Timolol  
Imdur  
Inderal injection  
Inderal LA  
Inderal tablets  
Inderide  
Innopran  
Ismo  
Isordil  
Isoptin  
Isosorbide (Dinitrate/Monitrate)  
Isradipine  
Kerlone  
Labetalol  
Levatol  
Lopressor Ampuls  
Lopressor HCT tablets  
Lopressor pre-filled syringes  
Lopressor tablets  
Lotrel  
Marax  
Metoprolol-generic for Lopressor  
Migranal  
MiniTran patch  
Monoket  
Mudrane  
Nadolol-generic for Corgard  
Nicardipine  
Nifedipine-generic for Procardia  
Nisoldipine  
Nitro-Bid  
Nitro-patch  
Nitro-Dur patch  
Nitroglycerin  
Normodyne  
Normozide tablets  
Norvasc  
Oxprenolol  
Penbutolol-generic for Levatol  
Pindolol-generic for Visken  
Propranolol-generic for Inderal  
products  
Plendil  
Posicor  
Procardia & Procardia XL  
Ranexa  
Sectral Tablets  
Selecor  
Sorbitrate

Sular  
Tarka  
Teczem  
Tenormin  
Tenoretic  
Tiazac  
Tilazem  
Tildiem  
Timolide tablets  
Timolol-generic for Blocadren  
tablets  
Toprol XL  
Trandate  
Transderm  
Trasicor  
Unidur  
Vascor  
Visken  
Verapamil  
Verelan  
Ziac  
Zebeta

## STOP FOR 3 DAYS

### (2 days before & day of test)

Aggrenox  
Aminophylline  
Cilostazol - generic for Pletal  
Constant-T  
Dipyridamole-generic for Persantine  
Elixophyllin  
Gyrocaps  
Pentoxifylline-generic for Trental  
Persantine  
Pletal  
Respbid  
Quibron  
Slo-Bid  
Slo-Phyllin  
Tedril SA  
Theo-24  
Theo-X  
Theochron  
Theoclean  
Theolate  
Theo-Dur Tab & Capsules  
Theolair  
Theophylline  
T-Phyl  
Trental  
Uniphyl tab