IMPORTANT—REVIEW THESE INSTRUCTIONS
2 DAYS PRIOR TO YOUR TEST

EXERCISE STRESS TEST PREPARATION

You have been scheduled for your test at ______________________
on____________________ at ___________________.

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

STOP 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
Celiprocol
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
Dipryridamole-generic for Persantine
Elixophyllin
Gyrocaps
Pentoxifylline-generic for Trental
Persantine
Pletal
Respbid
Quibron
Slo-Bid
Slo-Phyllin
Tedrill SA
Theo-24
Theo-X
Theochron
Theoclean
Theolate
Theo-Dur Tab & Capsules
Theolair
Theophylline
T-Phyl
Trental
Uniphyl tab