

## **Instructions for Cardiac Stress Test**

- 1. Plan to be here for 1 to 1 ½ hours**
- 2. Do not eat for at least 2 hours before the test**
- 3. The preceding meal should be light**
- 4. No butter, cream, caffeine, decaf products, chocolate, or alcohol**

**If you take any of the medications listed below, only take ½ a pill the day before the test and none the day of the test.**

**Lanoxin, Inderal, Propranolol, Tenormn, Atenolol, Coreg, Carvedilol, Corgard, Nadolol, Lopressor, Toprol XL, Metoprolol, Sectral, Acebutolol, or any type of Beta-Blocking agents.**

- 5. Men: Wear gym or Bermuda shorts, or loose-fitting light trousers and a loose fitting or button up shirt. Wear sneakers, flat or walking shoes.**
- 6. Women: Wear short sleeve, loose fitting or button front blouse and loose fitting pants or shorts. A bra should also be worn. Wear sneakers, flat or walking shoes.**

**Our office policy requires a 48 HOUR NOTICE if you are unable to keep your appointment. Otherwise, a \$75 charge will be applied to your account. If you have any questions or concerns, please feel free to call our office.**

**\*\*Please note as per Pain Management Contract, NO narcotics will be filled during any procedure appointment.\*\***