



Exercise Stress Test Instructions

Your Doctor has ordered a Stress Test for you. This procedure is used to help your physician determine cardiac electrical activity, blood pressure response, and exercise tolerance.

Instructions for Stress Tests

Please follow Instructions carefully to avoid rescheduling.

24 hours *before* your scheduled appointment time:

1. NO coffee, tea, or soda, of any kind.
2. NO decaf coffee, tea or soda of any kind.
3. NO chocolate (candy, cakes, pies white chocolate, hot chocolate, etc.)
4. NO products containing caffeine (Anacin, Excedrin, Cafergot, Norgesic, Fioricet, Esgic, Synalgos, Fiorinal, No-Doz, Trental, Wigraine, etc.)
5. NO Persantine (Dipyridimole).
6. **NO AGGRENOX...If you are taking this medication please stop three days prior to your test, and replace with one adult aspirin.**
7. **If you are currently taking the following medications please hold 24 hours prior to your test... Bystolic, Toprol, Inderal, Atenolol or Tenormin, Lopressor, Metoprolol, Corgard, Betapace, Ziac, Nadolol, Propanolol, Sotalol, Coreg... Do not take these medications.**
9. **If you take the following medicines please hold the morning of your test, Verapamil, Calan, Covera, Isoptin, Tarka, or Verelan.**
11. **Do not take oral diabetic agents , (Glucophage, Glucovance, Metformin, Metaglip, Avandamet, Avandia, Actose) the morning of your test .**
12. **If you take Insulin and your test is in the morning: take half your dose and eat lightly three hours before your test.
If you take Insulin and your test is in the afternoon: you may take all your Insulin with your breakfast and then nothing to eat three hours to your test.**
13. **All other medications not listed above may be taken as needed.**

The Day of Your Test

1. **Nothing to eat or drink** four hours prior to your test. **DO NOT CHEW GUM, CANDY OR MINTS**
2. You may take all other medicines except those listed above. Please bring your cardiac medicines with you and a list of all others.
3. Wear comfortable walking shoes or sneakers if walking on the treadmill.
3. Bring your insurance card with you.
4. Please NO lotions, colognes, powders, - You MAY brush your teeth, use deodorant and wear makeup.

What to expect:

- When you arrive at the stress lab the procedure will be explained to you, you will be asked to sign a consent form.
- Electrodes will be placed on your chest to allow you to be monitored during your test.
- You will wear a blood pressure cuff during the test.
- You will be asked to walk on a treadmill.
- You will begin by walking slowly on the treadmill. Every two to three minutes the speed and elevation will increase slightly.
- Your blood pressure will be taken at each stage.
- Monitoring will continue for a short while after your test.

The Test will be performed at:
THE HEART AND VASCULAR INSTITUTE OF FLORIDA