

STRESS TESTING INSTRUCTIONS

PATIENT INSTRUCTIONS

1. No caffeine (coffee, tea, soda, chocolate) 24 hours before appointment
2. Wear comfortable walking shoes and loose clothing
3. No smoking 4 hours before your appointment
4. Do not eat or drink anything after midnight or minimally fast for 4 hours if your stress test is in the afternoon.
5. Hold your morning DIABETES medications unless otherwise instructed by your primary care physician.
6. Do not take any BETA-BLOCKER medications 24 hours before appointment:

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|-----------------------|-----------------------------------|
| atenolol (Tenormin) | metoprolol (Lopressor, Toprol XL) |
| bisoprolol (Zebeta) | nebivolol (Bystolic) |
| carvedilol (Coreg) | propranolol (Inderal) |
| labetalol (Normodyne) | |

7. Bring all Medications with you!

Please call with any questions. We look forward to seeing you!