



Exercise Stress Test Instructions

Note - Our office will call to verbally confirm your appointment the day before your test. If you are unable to make it to your scheduled appointment, please call 972-572-1600 **at least 24 hours ahead**. If any insurance related complications with the pre-authorizations arise, our office will inform ahead of time to reschedule your test.

Requests:

- Please **DO NOT** bring children under 10 years of age to the appointment
- Please arrive **10 minutes early** for your scheduled appointment. If you are more than 15 minutes late, you will be rescheduled.

Preparing for the test:

- **DO NOT** use any creams, lotions, ointments, oils, or powders over the chest or stomach area
- Wear comfortable clothing and **walking shoes; women – no dresses please**
- If you use a **Nitro patch**, please **remove it 2 days prior** to your test
- Please bring a list of medications and/or actual bottles (including over the counter and herbal supplements). We need **complete** medication names & dosages.
- If you use an inhaler, please bring it with you to your appointment
- Please inform **if you are pregnant, breast feeding, or think you may be pregnant**
- Feel free to bring a light lunch or snack for after the test

24 Hours Before

DO NOT take beta-blockers	ex: Sectral (Acebutolol), Tenormin (Atenolol), Zebeta (Bisoprolol), Lopressor & Toprol XL (Metoprolol), Corgard (Nadolol), Coreg (Carvedilol), Bystolic (Nebivolol), Inderal & InnoPran XL (Propranolol)
NO Calcium Channel Blockers	ex: Norvasc (Amlodipine), Cardizem & Tiazac (Diltiazem), Felodipine, Isradipine, Nicardipine, Adalat CC & Procardia (Nifedipine), Sular (Nisoldipine), Calan & Verelan (Verapamil)
NO Caffeine products after 8 pm the night before the test	ex: coffee, tea, chocolate, colas, energy drinks, some pain relievers (Anacin, Aspirin, Excedrin), Theophylline, noncaffeinated, decaffeinated, and caffeine-free products _____ (initial)

4 Hours Before

- **DO NOT** eat or drink anything after midnight for morning appointments
If your appointment is scheduled late in the afternoon, **DO NOT** eat or drink **for at least 8 hours prior**

Morning of the test

- **DO NOT take oral diabetes medications and blood pressure medication at home.** Please bring any diabetes medications and **all blood pressure medication** with you to take after the test.
- If you take insulin, take half the prescribed dose in the morning, and bring the other half with you
- Continue all other medicines as scheduled; you may take medicines with sips of water
- Please bring a **light lunch** to have after the test

After the test

- You can continue your daily activities
- Dr. Nalluri or Dr. Asti will discuss the test results (results are not given on the same day)