

Stress Test Instructions

Patient instructions for Cardiac Stress Testing. This includes Standard Stress Testing, Dobutamine Stress Echoes, Walking Stress Echoes and all Nuclear Medicine Stress Tests.

- Get a good night's rest the night before the test
- Nothing to eat or drink after midnight
- Wear comfortable loose fitting clothes and walking shoes(tennis shoes, no sandals)
- For 12 hours before the test, no caffeine or decaf products. This includes: coffee, decaf coffee, colas, chocolate, any energy drinks or powders and Excedrin.
- **Please review your medications with your ordering physician if you have questions**
- **Please hold this (these) medications**_____
- For 24 hours before the test, you should not take any beta blockers (any medication that ends in **-OLOL**) or any nitrates (Nitro, Ranexa, or any medication that starts with **ISO-**)
- Hold diabetic medications on the morning of the test
- You may take any other medications including blood pressure medications with sips of water
- You may bring medications to take as soon as the stress test is completed
- Your test time will be 1 to 3.5 hours depending on the type of stress test your physician ordered
 - Standard Stress Test- 45 minutes
 - Walking Stress Echo- 60 minutes
 - Dobutamine Stress Echo- 60 minutes
 - All Nuclear Medicine Stress Tests-3.5 hours. Please bring a snack or money for the cafeteria