



CARDIOLOGY

OF CENTRAL ALABAMA

➤ Guidelines for Upcoming Stress Test

- Refrain from caffeine 24-48 hours prior to the test. This includes all caffeinated products, as well as chocolate.
- Do not eat anything 5 hours before your test.
- You may wish to bring a book or magazine with you as the test will take 3 – 4 hours.
- You may drink water up until test time.
- You may take your medications with water the morning of the test, **except diabetic medications (unless you have been instructed by your doctor to hold medication until after the test is finished)**. Bring your diabetic medication with you.
- **Do not take Theophylline/Aminophylline for 48 hours prior to test.**
- **Do not take beta-blockers for 24 hours prior to test (Atenolol, Metoprolol, Coreg, Carvedilol, Lopressor, Toprol).**



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- Bring a snack and drink (caffeine OK) with you (crackers, potato chips, sandwich, etc.), as you will be instructed to eat about midway through the test.
- Wear comfortable clothes and shoes, no long dresses or dress shoes.
- Do not apply lotion to your body the day of your test.
- If blood work must be drawn, please do so before this test or wait until the next day.



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Stress Testing:

