

## **ROUTINE TREADMILL/STRESS ECHO TESTING INSTRUCTIONS**

**IMPORTANT:** Please *CAREFULLY* read and comply with all instructions in order to avoid rescheduling.  
(Check with your cardiologist regarding all medication)

### **24 HOURS BEFORE YOUR TEST**

- **NO** coffee or tea of any kind
- **NO** decaffeinated coffee, tea of any kind, including herbal tea
- **NO** colas or soft drinks including those labeled caffeine free
- **NO** chocolate (candy, cakes, pies, cocoa, white chocolate, etc.)
- **NO** Anacin, Excedrin, or any other aspirin products containing caffeine
- **NO** Theophylline type medications
- **NO** smoking, all vaping, etc.
- **NO** beta blockers or calcium channel blockers (**unless otherwise instructed by your physician**)

### **THE DAY OF THE TEST**

- Nothing to eat or drink **4 HOURS** before the test. You **MAY** drink water in any amount.
- Please wash chest area and avoid any oil, lotion, powder and perfumes.
- Wear comfortable shoes and clothes for exercising on a treadmill (laced athletic shoes). Avoid wearing dresses or one-piece jumpsuits. **NOTE:** Exam area tends to be cold. You may want to bring a sweater or blanket.
- Bring a current list of medication and dosages.
- If you are diabetic, please talk to your ordering physician about restrictions.
- Bring your scheduled cardiac medications with you, to take as directed by the technician after the test.
- If you have asthma, bring your inhaler with you.

### MEDICATION WITHHOLD LIST FOR STRESS TEST PROCEDURES

Please hold any medication listed below **24 hours prior** to your scheduled stress test.  
(check with cardiologist for any concerns regarding medication)

#### BETA BLOCKERS

<u>Generic Name</u>	<u>Brand Name</u>
Acebutolol	Sectral
Atenolol	Tenormin
Betaxolol	Kerlone, Betoptic
Bisoprolol	Zebeta
Cartelol	Ocupress
Carvedilol	Coreg, Coreg CR
Esmolol	Brevibloc
Labetalol	Trandate
Levobunolol	Betagan
Metipranolol	OptiPranolol
Metoprolol	Lopressor, Trop-XL
Nadolol	Corgard
Nebivolol	Bystolic
Penbutolol	Levatol
Pindolol	Visken
Propranolol	Inderal, Inderal LA InnoPran XL
Sotalol	Betapace, Sorine
Timolol	Betimol, Blocardren, Isatlol, Timoptic
Verapamil	CA/AN, Isoptin
Diltiazem	Tiazac

**\*\*DR GILBERT PATIENTS:  
DO NOT STOP BETA BLOCKERS**

**\*\* DR. ACHEATEL PATIENTS:  
STOP BETA BLOCKERS FOR EXERCISE  
STRESS TESTS ONLY**

#### NITRATES

<u>Generic Name</u>	<u>Brand Name</u>
Isosorbide Dinitrate	Dilatrate, Isordil
Isosorbide Mononitrate	ISMO
Nitroglycerin	Nitro-Dur, Nitrolingual, Nitrostat

#### PHOSPHODIESTERASE INHIBITORS

Non-Selective

<u>Generic Name</u>
Aggrenox
Aminophylline
Caffeine
Praxanthine
Theobromine
Theophylline
Xantheose

PDE5 Selective Inhibitors

<u>Generic Name</u>	<u>Brand Name</u>
Sildenafil	Viagra
Tadalafil	Cialis
Vardenafil	Levitra
Udenafil	Zydena
Avanafil	Stendra