

Appointment Date: _____
Time: _____

STRESS TEST PREPARATION CHECKLIST

- If you are taking medications (eg, Aggrenox, beta blockers, or antiasthmatics), ask your physician whether you should stop any of them prior to the test.
- Do not eat or drink anything for 3 to 6 hours prior to your test.
- Refrain from products containing caffeine for at least 24 hours before your stress test**.
- Wear comfortable clothes and shoes appropriate for brisk exercise on a treadmill or stationary bicycle.
- Do not apply any creams, lotions, or powder to your chest area on the day of your test.
- If you have a history of wheezing, asthma, or chronic lung disease, contact your physician for specific instructions.
- If you are a diabetic on insulin or oral hypoglycemic medications, contact your physician for special instructions.

**EXAMPLES OF PRODUCTS THAT CONTAIN CAFFEINE

BEVERAGES:

- **Cocoa**
- **Coffee** (brewed, instant, or decaffeinated)
- **Regular and “caffeine-free” soda** (Coca-Cola, Diet Coke, Pepsi, Diet Pepsi, Dr. Pepper, Mountain Dew, etc)
- **Tea** (brewed, iced, or instant)

FOODS:

Chocolate (chocolate candy, chocolate-coated candy, baking chocolates, chocolate cake, chocolate pudding, chocolate milk, brownies)

DRUGS:

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|-------------------------------|-------------------------------|-------------------------------|
| ■ Anacin | ■ NoDoz | ■ Cafergot (all forms) |
| ■ Norgesic/Forte | ■ Esgic (all forms) | ■ Vivarin |
| ■ Excedrin | ■ Synalgos-DC | ■ Fioricet |
| ■ Wigraine (all forms) | ■ Fiorinal (all forms) | |