



Appointment Date: _____
 Time: _____

STRESS TEST PREPARATION CHECKLIST

- If you are taking medications (eg, Aggrenox, beta blockers, calcium channel blockers or antiasthmatics), ask your physician whether you should stop any of them prior to the test. If taking beta blockers, please hold for 48 hours prior to stress test.
- Do not eat or drink anything for 3 to 6 hours prior to your test.
- Water is allowed prior to the stress 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.
- 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, Tab, Pepsi, Diet Pepsi, Dr. Pepper, Mr. Pibb, Mello Yello, Mountain Dew) ■ **Tea** (brewed, ice, 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 | ■ Esgic (all forms) | ■ Norgesic Forte |
| ■ Excedrin | ■ Synalgos-DC | ■ Fioricet |
| ■ Migraine meds | ■ Fiorinal (all forms) | ■ Vivarin |

Examples of Beta Blockers

Atenolol / Tenormin , Coreg, Lopressor/ Metoprolol, Propranolol, Cardizem , Inderal, Nadelol, Betapaste, Kerlone, Verapamil, Imdur,



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