

CARDIAC CARE CONSULTANTS
ROUTINE EXERCISE STRESS STUDY - TEST INSTRUCTIONS

Patient: _____

Outlined below is a list of your appointments:

<u>Time</u>	<u>Date</u>	<u>Location</u>	<u>With</u>
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1. You may take your medications **with the exception** of Beta Blocker and Calcium Channel Blocker medications.

Do not take Beta Blocker medications 24 hours prior to the test. (Examples of Beta Blockers: Atenolol, Betapace, Bisoprolol, Bystolic, Carvedilol, Coreg (CR), Corgard, Inderal, Labetalol, Lopressor, Metoprolol, Nadolol, Normadyne, Pindolol, Propanolol, Sectral, Tenoretic, Tenormin, Toprol (XL), Trandate, Zebeta, and Ziac.)

Do not take Calcium Channel Blocker medications 24 hours prior to the test. (Examples of Calcium Channel Blocker medications: Calan, Cardizem, Cartia, Covera-HS, Diltiazem, Isoptin SR, Tarka, Verelan PM, and Verapamil.)

2. You may have a light breakfast (toast, cereal and juice). If you are having an afternoon study you may have a light lunch. **Diabetics may eat and take their diabetic medications without restrictions.**

3. **No caffeine or decaffeinated products, including coffee, tea, soda or chocolate 24 hours prior to exam.**

4. Wear comfortable clothing. **No long sleeves. No dresses.**

5. Plan to be in our office for 30-45 minutes.

You will be notified of your test results in 7 to 10 business days or at your next appointment with the physician. Let us know 24 hours in advance if you are unable to keep this appointment.