



EXERCISE STRESS TESTING INSTRUCTIONS

1. Please arrive 15 minutes prior to your test time.
2. A translator must accompany you if you cannot speak or understand local languages, French or English. The test will be canceled due to language barriers.
3. Please bring exercise or comfortable clothing, running shoes or rubber sole shoes. (No heels, sandals or bare feet).
4. You may drive your car home.
5. No coffee/tea, caffeinated beverages such as Pepsi or Coke, smoking, nicorette gum or nicotine patches for 2 hours prior to your test. However, you may eat a light snack.
6. Please stop heart and blood pressure medications that are LISTED BELOW, 48 hours before your test, unless directed by your physician. Do not stop any medications that do not appear on the list below. Please bring all of your medications with you to your test.
7. All medications should be restarted, as prescribed, upon completion of your test.

Stop Medication(s) LISTED BELOW 48 Hours Before Your Test:

Acebutolol	Digoxin	Monacor	Tenormin
Adalat	Dipyridamole	Nadolol	Theophylline
Aggrenox (24hrs)	Doxazosin	Nebivololol	Theo-Dur
Alprenolol	Felodipine	Nifedipine	Tiazac
Amlodipine	Imdur	Nitro-Bid	Timolol
Asasantine	Inderal	Nitro-Dur	Toloxin
Atasol	ISMO	Nitrol	Trandate
Atenolol	Isoptin	Nitrong	Transderm
Betaloc	Isordil	Nitropaste	Trasicor
Bisoprolol	Isosorbide Dinitrate	Norvasc	Tylenol #1
Blocadren	Isosorbide Mononitrate	Oxprenolol	Tylenol #2
Bystolic	Labetolol	Persantine	Tylenol #3
Caduet	Lanoxin	Pindolol	Tylenol ultra
Cardizem	Levitra	Plendil	Twynsta
Cardura	Linsotalol	Propranolol	Uniphyl
Carvedilol	Lopressor	Renedil	Verapamil
Chronovera	Metoprolol	Rhotral	Viagra
Cialis	Midol extra strength	Sectral	Viskazine
Coreg	Minitran	Sotacor	Visken
Corgard	Monitan	Sotalol	Viacoram
Diltiazem		Tenolin	