



PRE-STRESS TEST INSTRUCTIONS

1. Eat light.
2. No coffee/tea, smoking, nicotine gum or nicotine patches for 2 hours before.
3. Stop blood pressure and heart medications, unless otherwise directed, 48 hours before the test. (Please refer to list below).
4. DO NOT STOP anti-coagulants such as COUMADIN/WARFARIN or INSULIN.
5. Bring exercise or comfortable clothing and running shoes or rubber soled shoes.
6. We have shower facilities.
7. There are no side effects from the test.
8. You may drive your car home.

MEDICATION LIST

Acebutolol	Isoptin	Persantine
Adalat	Isordil	Pindolol
Alprenolol	Isosorbide Dinitrate	Plendil
Amlodipine	Isosorbide Mononitrate	Propranolol
Asasantine	Labetalol	Renedil
Atenolol	Lanoxin	Rhotral
Betaloc	Linsotalol	Sectral
Blocadren	Lopressor	Sotacor
Cardizem	Metoprolol	Sotalol
Chronovera	Minitran	Tenormin
Coradur	Monitan	Theo-Dur
Corgard	Nadolol	Theophylline
Coronox	Nifedipine	Tiazac
Diltiazem	Nitro-Bid	Timolol
Digoxin	Nitro-Dur	Trandate
Dipyridamole	Nitrol	Transderm
Felodipine	Nitrong	Trasicor
Imdur	Nitropaste	Verapamil
Inderal	Norvasc	Viagra
ISMO	Oxprenolol	Visken

All medications should be restarted, as prescribed upon completion of your test.

SPECIAL INSTRUCTIONS FOR INSULIN DEPENDENT DIABETICS

You should continue your Insulin and diet as usual.

SPECIAL INSTRUCTIONS FOR STRESS THALLIUM TESTING

1. Nothing to eat or drink except water 4 hours before test.
2. The first part of the test will last around one (1) hour and will be done during the morning.
3. The second part of the test is _ hour and will be done in the afternoon. You are unable to eat between the two parts unless you are a diabetic.