



Test Instructions for Patients

Echocardiogram	
No preparations needed	

Regular Treadmill Stress Test	
What to wear?	Comfortable walking shoes with exercise pants or shorts.
Should I take my medicines?	<u>Do not discontinue any medications without checking with your doctor.</u> Hold beta blocker (Metoprolol, Lopressor, Toprol, Tenormin, Atenolol, Propranolol, Cogard, Ziac, Pindolol), rate slowing calcium blocker (Cardizem, Tiazac, Cartia, Diltiazem, Verapamil, Verelan), and Theophylline or Theo Dur for 24 hours unless your blood pressure is over 160/100 or you have atrial fibrillation.
Food/Drink?	Nothing 4 hours prior to testing, except water.

Echo Stress Test	
What to wear?	Comfortable walking shoes with exercise pants or shorts.
Should I take my medicines?	<u>Do not discontinue any medications without checking with your doctor.</u> Hold beta blocker (Metoprolol, Lopressor, Toprol, Tenormin, Atenolol, Propranolol, Cogard, Ziac, Pindolol), rate slowing calcium blocker (Cardizem, Tiazac, Cartia, Diltiazem, Verapamil, Verelan), and Theophylline or Theo Dur for 24 hours unless your blood pressure is over 160/100 or you have atrial fibrillation.
Food/Drink?	Nothing 4 hours prior to testing, except water.

Nuclear Stress Test	
What to wear?	Comfortable walking shoes and exercise clothes.
Should I take my medicines?	<u>Do not discontinue any medications without checking with your doctor.</u> Hold beta blocker (Metoprolol, Lopressor, Toprol, Tenormin, Atenolol, Propranolol, Cogard, Ziac, Pindolol), rate slowing calcium blocker (Cardizem, Tiazac, Cartia, Diltiazem, Verapamil, Verelan), and Theophylline or Theo Dur for 24 hours unless your blood pressure is over 160/100 or you have atrial fibrillation.
Food/Drink?	No coffee, tea, soda with caffeine, decaffeinated products, or chocolate for 24 hours prior to test. No food four hours prior to testing. (Sips of water okay).
If you have Diabetes	Check sugar in A.M. Have small amount of juice if blood sugar is below 80. Take half dose NPH insulin the night before Bring your insulin or pill with you to take after testing.
Notes	Your Nuclear Stress Test may be a two-day test. The testing time for the second day, if necessary, will be determined after the first day is completed.

Questions? Call (434) 293-4072 between 8:00 AM – 5:00 PM, Monday through Friday