



## 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?	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?	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?	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 after midnight (sips of water okay). No coffee, tea, soda with caffeine, decaffeinated products, or chocolate for 24 hours prior to test.
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