

Name: Patient Test
DOB: 01/01/1962

PID: 6862727

Routine Stress Test

IF YOU NEED TO CANCEL FOR ANY REASON
*** PLEASE CALL 314-741-0911 ***

Your doctor has scheduled you for a **Routine Stress Test** on _____ at _____ am / pm.

- 3550 McKelvey Road, Bridgeton MO 63044
- Christian Northeast 11155 Dunn Road, Ste 304E St. Louis MO 63136
- Granite City 2120 Madison Ave. Ste 101 Granite City, IL 62040

WHAT YOU SHOULD DO TO PREPARE

- Wear Comfortable clothing – 2-piece outfit is best.
- Wear comfortable walking shoes -tennis shoes or tie shoes recommended. **DO NOT wear flip-flops or open toed shoes.**
- Please wash your body as usual but **do not apply lotions, powder or perfume** the day of your test.
- It can be cold in the office – bring a blanket if you would like
- If you use inhalers for asthma or lung disease please bring them with you.
- Drink plenty of water the day before test. This will keep you well hydrated.

IMPORTANT!

- ⇒ **NO CAFFEINE INCLUDING DECAFFEINATED DRINKS OR CHOCOLATE FOR 12 HOURS PRIOR TO TESTING**
- ⇒ **DO NOT TAKE BETA BLOCKERS OR CALCIUM CHANNEL BLOCKERS the day before or the morning of your test. See next page for lists of these medicines.**
- ⇒ **NO SMOKING OR CHEWING TOBACCO 8 hrs prior to test.**

WHAT TO EXPECT DURING YOUR TEST

- On the day of your test, you will be asked to sign a consent form.
- You will be asked to exercise on a treadmill.
- Your vital signs will be frequently monitored.
- Your testing will be supervised by one of our qualified registered nurses.
- The test will take approximately 1 hour to complete.

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FOODS, DRINKS, AND MEDICATIONS TO AVOID

Avoid all products containing caffeine for 12 hours prior to testing. Caffeine is found in coffee, tea, sodas, and chocolate products.

Avoid decaffeinated or caffeine-free products for 12 hours before the test, as these products contain trace amounts of caffeine. This includes decaf coffee, decaf soda, and decaf tea.

OTC drugs containing Containing caffeine	Prescription drugs Containing caffeine
Anacin (aspirin,caffeine)	Cafergot (ergotamine tartrate,caffeine)
Excedrin (acetaminophen,aspirin,caffeine)	Esgic (butalbital, acetaminophen, caffeine)
Vivarin NoDoz	Fioricet Fiorinal

BETA BLOCKERS

Generic Names	Trade Names
Metoprolol	Lopressor
Atenolol	Tenormin
Bisoprolol	Zebeta
Carvedilol	Coreg
Esmolol	Brevibloc
Labetalol	Normodyne
Nadolol	Corgard
Propranolol	Inderal
Sotalol	Betapace
Bystolic	Nebivolol Toprol XL

CALCIUM CHANNEL BLOCKERS

Generic Names	Trade Names
Amlodipine	Norvasc
Diltiazem	Cardizem, Dilacor, Tiazac
Felodipine	Plendil
Nicardipine	Cardene
Nifedipine	Adalat, Procardia
Verapamil	Calan, Isoptin

If you are withholding any medications for your stress test, please bring them with you for your appointment.