



ELECTROPHYSIOLOGY AND
PACING INTERVENTIONALISTS

REGULAR STRESS TEST INSTRUCTIONS

Special Instructions:

1. **Cancellations:** Notify the office twenty-four hours before test day if you have to cancel your test for any reason.
2. **Food and Drink:** Do not have any food or drink (with the exception of water) four hours prior to your test.
3. **Smoking:** Tobacco in any form should be avoided four hours prior to the test.
4. **Rest:** Try to get a good night's sleep prior to your procedure.
5. **Clothing:** Comfortable, low-heeled, tightly fitting shoes suitable for exercise should be worn to the test. Loose fitting shoes which might slip off during exercise should not be worn. Wear clothing that is loose and comfortable. Please arrive dressed for exercise. You may change clothes after the test if you desire.
6. **Diabetics:** Patients on insulin should take $\frac{1}{2}$ of normal insulin dose the morning of the test. If the patient is concerned about changing insulin dose, refer patient to discuss the change with the physician who is monitoring their diabetic care for further instruction; oral diabetic medications can be taken as normal. Please bring a light snack.
7. **Medications:** Please bring all of your medications with you to the test. You may take routine medications with sips of water. *Please consult your physician for instructions if you are taking a beta-blocker as they are typically held 5 doses prior to this test.*
Examples: Corgard, Nadolol, Inderal, Propranolol, Lopressor, Toprol XL, Metoprolol, Sectral, Acebutolol, Tenormin, Atenolol, Zebeta, Ziac, Bisoprolol, Coreg, Carvedilol, Trandate, Normodyne, Labetalol, Kerlone, Betaxolol, Levatol, Penbutolol, Blocadren, Timolol, Pindolol
8. **Recovery Period:** You will be permitted to return to normal activity after your test has been completed.
9. Please contact your physician after the test to schedule a conference appointment.

Please contact the office between 8:30am and 4:30pm if you have any questions.