



Cardiac Care Consultants

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ROUTINE EXERCISE STRESS STUDY

TESTING INSTRUCTIONS

Patient:

Outlined below is a list of your appointments:

Time Date location with

1) **You may take your medications *with the exception* of Beta or Calcium Channel Blockers.**

Do not take your beta or calcium channel blocker the day before your test or the day of your test.

(For example: Atenolol, Betapace, Bisoprolol, Bystolic, Calan, Cardizem, Cartia, Carvedilol, Coreg, Coreg CR, Corgard, Covera-HS, Diltiazem, Inderal, Isoptin SR, Labetalol, Lopressor, Metoprolol, Nadolol, Normadyne, Pindolol, Propanolol, Sectral, Sotalol, Tarka, Tenoretic, Tenormin, Toprol, Toprol XL, Trandate, Verelan PM, Verapamil, Zebeta, Ziac.)

2) If you are having an afternoon study you may have a light lunch.

3) Wear comfortable clothing and walking shoes. No long sleeves.

4) **No Caffeine or Decaffeinated products 24 hours prior to exam.**