

## Cardiology Instructions



- Exercise Stress Test
- Stress Echocardiogram
- You may have a light snack two hours prior to test.
- Do not smoke or drink alcohol the day of the test.
- Please avoid caffeine products the day of the test (coffee, tea, chocolate, and soda.)
- Bring a list of medications with you.
- Do NOT take any beta-blockers such as: Atenolol, Tenormin, Toprol, Lopressor, Metoprolol, Inderal, Coreg, Corgard,) for at least 24 hours prior to the exam unless otherwise instructed. You may take other blood pressure medications.
- Do not take any erectile dysfunction medications such as Viagra, Cialis, Levitra, Staxyn, or Stendra for at least 72 hours prior to test.
- Wear a two-piece comfortable outfit. You will need to undress from the waist up and wear a hospital gown.
- Please wear comfortable shoes or sneakers for walking. Please avoid sandals or slip-on shoes.