

### **Exercise Stress Test, Stress Echocardiogram and Dobutamine Stress Echocardiogram**

1. DO NOT eat four (4) hours prior to the test – **please drink plenty of water.**
2. Bring or wear clothes suitable for exercising on a treadmill-proper exercise footwear is necessitated, no flip-flops or barefeet.
3. Please refrain from using body lotion on the day of the test.
4. Hold all Beta-Blockers twenty-four (24) hours prior to the test **unless instructed otherwise by your cardiologist.**
5. DO NOT drink anything containing caffeine or decaffeinated coffee (12) hours prior to the test.
6. DO NOT smoke twelve (12) hours prior to the test.

**Note-** Exercise Stress tests take at least 45 minutes, Stress Echocardiogram take 60 minutes and Dobutamine Stress Echocardiogram take 75 minutes.

### **Exercise Nuclear Stress Test and Dobutamine Nuclear Stress Test**

1. DO NOT eat six (6) hours or smoke twelve (12) hours prior to the test – **please drink plenty of water.**
2. DO NOT drink anything containing caffeine twelve (12) or decaffeinated coffee hours prior to the test.
3. Bring or wear clothes suitable for exercising on a treadmill for the Exercise Nuclear Stress Test - proper exercise footwear is necessitated, no flip-flops or barefeet.
4. Please refrain for using body lotion on the day of the test.
5. Hold all Beta-Blockers twenty-four (24) hours prior to the test.
6. Please let the Nuclear Medicine Technologist know if you will be flying within the next three days.

**Note-** All nuclear stress tests take at least 120 minutes, but the time of the test can take longer.

### **Lexiscan Nuclear Stress Test**

1. DO NOT eat six (6) hours or smoke twelve (12) hours prior to the test – **please drink plenty of water.**
2. DO NOT drink anything containing caffeine twelve (12) hours prior to the test.
3. Please take your medicines as prescribed.
4. Please let the Nuclear Medicine Technologist know if you will be flying within the next three days.
5. **Please notify the cardiologist, nurse or technologist of any history of seizure activity.**

**Note-** All nuclear stress tests take at least 120 minutes, but the time of the test can take longer.

### **Holter and Event Monitors**

1. Please refrain from using body lotion on the day of the test.
2. HOLTER MONITORS MUST BE RETURNED THE FOLLOWING BUSINESS DAY.

**Note-** Monitor placement can take 30 minutes.

### **NO PREP IS NEEDED FOR THE FOLLOWING PROCEDURES**

1. Echocardiogram – Ladies, please refrain from wearing one piece outfits or dresses.
2. Carotid Duplex.
3. Pre Cardiac Rehabilitation – **Please take all prescribed medications** and wear clothes suitable for walking on a treadmill.

**Note-** Please plan on 45 minutes for these procedures.

## **BETA - BLOCKERS**

| <b><u>Generic Name</u></b> | <b><u>Brand Name</u></b>   |
|----------------------------|----------------------------|
| Acebutolol                 | Sectral                    |
| Atenolol                   | Tenormin, Tenoretic        |
| Betaxolol                  | Kerlone, Betopic           |
| Bisoprolol                 | Zebeta, Ziac               |
| Carteolol                  | Cartrol                    |
| Carvedilol                 | Coreg                      |
| Esmolol                    | Brevibloc                  |
| Labetolol                  | Trandate, Normdyne         |
| Metoprolol                 | Lopressor, Toprol, Betaloc |
| Nadolol                    | Corgard                    |
| Nebivolol                  | Bystolic                   |
| Oxprenolol                 | Transicor                  |
| Penbutolol                 | Levatrol                   |
| Pindolol                   | Visken                     |
| Propranolol                | Inderal, Inderal           |
| Sotalol                    | Betapace                   |
| Timolol                    | Blocarden                  |

## **OCULAR PRODUCTS CONTAINING BETA-BLOCKERS**

| <b><u>Generic Name</u></b> | <b><u>Brand Name</u></b> |
|----------------------------|--------------------------|
| Betagan                    | Levobunolol              |
| Timolol                    | Timoptic, Betimol        |

## **CALCIUM CHANNEL BLOCKERS**

| <b><u>Generic Name</u></b> | <b><u>Brand Name</u></b> |
|----------------------------|--------------------------|
| Diltiazem                  | Cardizem                 |
| Verapamil                  | Calan, Isoptin           |

## **LEXISCAN NUCLEAR STRESS TEST**

**Please do not take Theophylline or Aggrenox**

**TAKING ANY OF THESE MEDICATIONS ON TEST DAY MAY  
RESULTS IN YOUR TEST BEING RESCHEDULED.**

**IF YOU HAVE QUESTIONS OR CONCERNS ABOUT YOUR  
MEDICATION AND ITS INTERACTION WITH YOUR TEST,  
Please call at least 48 Hours prior to your test.**

**Thanks!**