

**DEPARTMENT OF CARDIOLOGY
Stress Lab
Regular Stress Testing Guidelines**

NAME: _____

You are scheduled to have a Regular Stress Test on:

DATE: _____ **TIME:** _____

1. You must bring the prescription the doctor has given you to the hospital.
2. Bring a list of all medications you are currently taking including any vitamins or herbal supplements.
3. Medications: Do not take your beta-blocker the morning of the test.
Examples: (Atenolol/Tenormin, Carvedilol/Coreg, Labetolol/Normadyne/Toprol, Metoprolol/Lopressor, Propranolol/Inderal, Sotalol/Betapace).
4. You may eat a light breakfast before the test but do NOT consume any caffeine or decaffeinated products for 12 hours prior to the test.
5. Diabetics on insulin should take their medications and eat about 2 hours before the test.
6. If you are a smoker, do not smoke the day of the test.
7. Please do not apply any powders, lotions, creams or ointments to your chest, arms or legs.
8. Please wear loose fitting clothes and walking shoes (sneakers). No one-piece undergarments, tight fitting girdles or panty hose.
9. Parking is available in the parking ramp or valet parking in the front of the hospital. The Stress lab will give you a coupon so parking will only be \$2.
10. Register at the Outpatient Registration Department 30 minutes prior to your scheduled appointment.
11. You should plan on being at the hospital for 1-1/2 hours.
12. If you need to cancel your appointment, please call (716) 828-2387 as soon as possible prior to your test.