



Suffolk Cardiovascular Consultants, PC

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Excercise Stress Test / Stress Echocardiography Instructions

Patient Name: _____

Date: _____ *Time:* _____

Medication Instructions:

What should I wear the day of the test?

Please wear or bring comfortable clothes and shoes (sneakers) to exercise in.

Can I eat or drink the day of the test?

You may have juice, milk, water and /or toast or light meal up to 2 hours before your Appointment. Do not eat or drink caffeinated or “decaf” products the day of or evening before your test. Caffeine will interfere with your test results (For example: cola, chocolate, coffee, tea-even decaf has some caffeine so should be avoided as well).

Do not smoke for 24 hours before your test. Smoking will interfere with your test results.

Should I take my medications on the day of the test?

Please hold medications as noted above. In addition, do not take any over-the-counter medication that contains caffeine for 24 hours before the test. Many of the over-the-counter medication contain caffeine, such as :diet pills, No-Doz, Excederin and Anacin. If you use an inhaler for your breathing, please bring it to the test.