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Patient Instructions

BEFORE YOUR TEST

****NO CAFFEINE – 24 HOURS BEFORE THE TEST****

Please do not consume caffeine 24 hours before your appointment, including:

- Coffee — regular or decaf, Tea, Soda, Energy Drinks, Chocolate, Cocoa, etc.

Important: Even small amounts of caffeine can interfere with the accuracy of your test. Failing to stop caffeine 24 hours prior will result in a cancellation and the test will need to be rescheduled.

****FOOD & DRINK****

- **Do not eat for 8 hours before your test**, unless your doctor gives you different instructions.
 - You may drink **plain water**.
 - Avoid alcohol before the test.
 - Do not smoke or use tobacco on the morning of your test.
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MEDICATIONS

Do NOT take any beta blockers 24 hours prior to the test. Failing to do so will result in a cancellation.

Beta Blockers: Metoprolol, Carvedilol, Propranolol, Bisoprolol, Nebivolol, Atenolol, Bystolic, Inderal, Etc.

If you use an **inhaler**, please bring it with you.

WHAT TO WEAR

- Wear comfortable clothing and walking shoes.
- Avoid lotions, oils, or creams on your chest on the morning of the test.
- Women may be asked to remove a bra during part of the test.

HOW LONG WILL IT TAKE?

Please plan to be at the office for approximately **3–4 hours**.

There may be a waiting period between the different portions of the test.

PLEASE ARRIVE ON TIME

We kindly ask that you arrive on time for your scheduled appointment. If you need to cancel or reschedule your appointment, please contact our office as soon as possible and provide at least 48 hours' notice.

Please be advised that cancellations made less than 48 hours before the scheduled appointment, as well as missed appointments (no-shows), will result in a \$300 charge. This fee covers the cost of the medication dose that is specially ordered for your appointment.

Thank you for your cooperation and understanding.

