

## **PREPARING FOR YOUR STRESS TEST**

### **Avoid all products that contain caffeine for 24 hours before the test.**

In general, caffeine is found in coffee, tea, colas and other soft drinks, most chocolate products and strawberries (these contain a small amount of caffeine). Caffeine will interfere with the results of the test.

### **Also avoid decaffeinated or caffeine-free products for 24 hours before the test.**

These products contain trace amounts of caffeine.

- **DO NOT** take any over the counter medications (such as diet pills, NoDoz, Excedrin and Anacin) **that have caffeine for 24 hrs before the test.**
- **DO NOT** take any prescribed drug that contains theophylline or aminophylline for **24 hrs before the test.** Examples of these drugs are Elixophylline, Theo-24, Theolair, Norphil, Phyllocontin, and Truphylline.
- **DO NOT** take Aggrenox or Persantine (dipyridamole) for **48 hours before the test.**
- Do not eat or drink 3 hours prior to the test appointment.
- You should have no nicotine 3 hours before the test.
- Wear comfortable clothes and shoes for walking on treadmill. Avoid dresses, sandals, boots or heels.
- If you are a new patient or haven't been seen in over a year, please bring a list of all medications you are taking to the office.
- Be prepared to be in our office for up to 3 hours.
- Please **DO NOT** use any lotions or powders on your chest the day of the test.

If you have any questions concerning your test, please call us at (256) 880-1050.