

If scheduled for Stress Echo or Treadmill test, follow these instructions:

1. Drink **only water starting 6 hours prior to your stress test**. If the test is in the afternoon, you may have a light breakfast.
2. **No caffeine 24 hours prior to your test**. This includes: regular and decaffeinated coffee, tea, soda, or foods containing chocolate.
3. **Do not smoke or use nicotine products 4 hours before your test**.
4. If you are **pregnant**, breastfeeding or think you may be pregnant, please alert the staff.
5. Wear comfortable clothing and walking shoes. **Do not wear body lotion or use moisturizing soap** on your chest. Deodorant is okay.
6. Please **bring all of your medications** with you.
7. **Do not take the following medications 24 hours prior to your test unless instructed to do so by your doctor.**

metoprolol tartrate	nebivolol	ziac	metoprolol succinate
toprol	acebutolol	cardizem	atenolol
lopressor	labetolol	diltiazem	verapamil
coreg	bisoprolol	calan	zebeta
coreg cr	nadolol	tiazac	isoptin
carvedilol	pindolol	cartia	bystolic
propranolol	verelan		

8. Take any other medications with **water only**.
9. **If you use an inhaler**, bring it with you.
10. If you take **insulin**, you may take ½ your normal dose with a piece of toast. All **oral diabetic medications** should be held until after your test.

Please arrive **30 minutes prior to your appointment**. If you cannot keep your appointment, please call **502-245-0002** at least **24 hours in advance**.

If scheduled for Echocardiogram, Abdominal Ultrasound, Carotid Ultrasound, Segmental Arterial Testing (ABI), Holter Monitor, Event Monitor, follow these instructions:

To prepare for your test:

1. Wear comfortable clothing and walking shoes.
2. Do NOT wear body lotion or use moisturizing soap on your chest. (Deodorant is okay.)
3. Please bring all of your medications with you.

Please arrive 20 minutes prior to your appointment.

If you cannot keep this appointment, please call 502-245-002 at least 24 hours before your appointment time.