

BRYN MAWR MEDICAL SPECIALISTS ASSOC.
CARDIOLOGY IMAGING
830 OLD LANCASTER AVE. SUITE 305
BRYN MAWR, PA 19010

INSTRUCTIONS FOR CARDIOLITE STRESS TEST:

- **Do not eat or drink** anything for 12 hours prior to the test.
- **MEDICATIONS:** Take your usual morning medications with half a glass of water the morning of the test **WITH THESE EXCEPTIONS:**

*****DIABETICS:** Do not take your morning diabetic pills until after the test when you can eat. If you use **insulin**, please take one half of your long-acting insulin (Lantus, Humulin N) at the usual time, and do not take your short-acting insulin (Humalog, Novalog, Humulin R) the morning of the test. If needed, you may eat plain toast around midnight the night before the test. Please bring a snack with you that day.

*****DR. KELLER'S AND DR. CURRAN'S PATIENTS:** Do not take any of your morning medications on the day of the stress test.

*****DR. POOR'S PATIENTS:** Take your usual medication EXCEPT any Beta Blocker you may be taking. Refer to the attached list of Beta Blockers.

ALL OTHER PATIENTS, PLEASE TAKE YOUR MEDICATION.

- An IV is inserted into your arm as part of this test.
- Do not exercise prior to your test.
- No smoking for 4 hours prior to the test.
- Wear comfortable walking shoes for the treadmill. Please wear a short-sleeved shirt (such as a T-shirt), with no metal decorations. **Female patients** may not want to wear white since your bras will be off during the test.
- Plan to be at the stress lab for three to four hours. There will be some waiting time so you may want to bring a book.

Date and time of visit: _____ **AM**

PLEASE GIVE 24 HOUR NOTICE FOR ALL CANCELLATIONS (610-525-1202). THE CARDIOLITE IS ORDERED SPECIFICALLY FOR YOU AND THE COST CANNOT BE RECOVERED IF YOU DO NOT KEEP YOUR APPOINTMENT.

Do not take any beta blocker medications the morning of your exercise stress test, unless instructed otherwise.

These include:

Betapace (sotalol)
Bystolic (nebivolol)
Coreg (carvedilol)
Corgard (nadolol)
Inderal (propranolol)
Lopressor (metoprolol)
Tenormin (atenolol)
Toprol (metoprolol)
Zebeta (bisoprolol)
Ziac (bisoprolol)

Note: This only pertains to patients walking on a treadmill for the test. This does not apply to Persantine stress tests.