

Cardiology Associates of Palm Beach
INSTRUCTIONS FOR PATIENTS HAVING A STRESS TEST

1. Do not have anything to eat for **approximately four hours** prior to your appointment.
2. No **caffeine** or **decaffeinated** products the day before and the day of your test. This includes coffee, tea, soda, decaffeinated coffee, decaffeinated tea, decaffeinated soda, herbal tea and chocolate.
3. Refrain from smoking cigarettes for at least two hours prior to testing. **This includes all nicotine products-gum, patches and inhalers.**
4. Wear comfortable sports clothes and good walking shoes with non-skid soles (sneakers). Sandals and high heels should not to be worn. **Do not wear an underwire bra for a regular, cardiolute or an adenosine stress test. Do wear a shirt/blouse that buttons down the front. Do not wear a shirt/blouse with metal snaps or buttons. For the echo stress you will not wear a bra or shirt during the test.**
5. If your test is to be combined with **Cardiolite and/or Adenosine, please** plan to be in the office for **approximately 3-4 hours**. Patients having regular or echo stress tests can expect to be in the office for approximately 1 hour.
6. For patients having a **Cardiolite Stress with Adenosine** the following medications must be discontinued 24 hours prior to the test: **Theodur, Theophylline, Persantine and Dipyridamole.**

PLEASE NOTE: IF THERE IS ANY POSSIBILITY THAT YOU COULD BE PREGNANT-YOU SHOULD NOT UNDERGO A STRESS CARDIOLITE.

You will be charged a fee of \$150.00 if you fail to keep your appointment and do not cancel and/or reschedule by 12:00 p.m the day before. This fee is not covered by insurance.

If you have any questions regarding these directions call Cardiology Associates' West Palm Beach office (561) 478-1104 or the Lake Worth office at (561) 434-3070