

Stress Test Instructions

1. Patients should not take Beta-Blockers for 24 hours prior to testing. Beta-blockers are medications that lower a patient's heart rate and control hypertension (high blood pressure). **Patients with Atrial Fibrillation are to continue taking their Beta-Blockers.**

Commonly used Beta Blockers: Betapace (sotalol), Blocadren (timolol), Brevibloc (esmolol), Cartrol (carteolol), Coreg (carvedilol), Corgard (nadolol), Inderal (propranolol), Inderal-LA (propranolol), Kerlone (betaxolol), Levatol (penbutolol), Lopressor (metoprolol), Normodyne (labetalol), Secreal (acebutolol), Tenormin (atenolol), Toprol-XL (metoprolol), Trandate (labetalol), Visken (pindolol), Zebeta (bisoprolol), Bystolic

2. **No caffeine** for 24 hours prior to testing
3. Wear tennis shoes and comfortable clothing
 - For women, athletic bra is recommended
4. No food or drinks 4 hours prior to stress test
 - Okay to take medications with sips of water