



# The Cardiovascular Group

CENTRA Stroobants Heart Center

2410 Atherholt Road  
Lynchburg, VA 24501  
(434) 544-2331 or (434) 200-5252

## Instructions for Cardiac Tests

- Exercise Stress Test       Stress Echo

1. Do not eat or drink coffee or carbonated beverages four (4) hours before the test.
2. Do not smoke two (2) hours before the test.
3. Wear comfortable, loose-fitting clothing and walking shoes conducive to physical activity.
4. Please check with your physician regarding whether or not your medications should be continued for the test.
5. Expect to spend approximately one (1) hour. Please use our restrooms in the lobby upon arrival prior to the test, so you are comfortable while exercising.
6. If you do not feel well for any reason prior to the day of the test please call as soon as possible for rescheduling.
7. Your report will be sent to your primary physician, and he or she will advise you of the results.

Bring this form with you for the appointment with insurance cards.

If you are taking any of the following beta-blockers, calcium-channel blockers, or nitrates, **you must stop these 48 hours prior** to any stress test, stress echo test, or nuclear test:

Coreg	Timolol	Corzide
Corgard (nadolol)	Betapace (sotalol)	Procardia (nifedipine)
Tenormin (atenolol)	Levatol	Covera HS (verapamil)
Lopressor (metoprolol)	Lopressor HCT	Cardizem (diltiazem)
Toprol	Blocadren (metoprolol)	Nicardipine
Tenoretic	Inderal (propranolol)	Isordil
Sectral	Kerlone (betataxolol)	Imdur
Zebeta	Viskin (pindolol)	Ismo
Cartrol	Ziac	

Diabetics: Please take half of your routine insulin dose the morning of the test and bring a protein snack.

**Bring all of your medications with you to the office to take after your test.**