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Patient Instruction for Exercise Stress Test & Exercise Stress Echo

1. Please refrain from eating a big meal 2 hours before your test.

2. Please refrain from medications 24 hours before stress test, such as:

- | | |
|---------------------------------|-----------------------------------|
| A. Nebivolol (Bystolic) | B. Atenolol (Tenormin, Lopressor) |
| C. Bisoprolol (Ziac) | D. Propranolol (Inderal) |
| E. Metoprolol (Toprol, | F. Carvedilol (Coreg) |
| G. Verapamil (Calan) | H. Nifedipine (Cartia) |
| I. Theophylline (aminophylline) | J. Diltiazem (Cardizem) |

3. You may drink water prior to the stress test.

4. Refrain from applying lotion or moisturizer on your chest and abdomen on the day of your stress test, and also refrain from drinking caffeine

5. Please wear comfortable, loose-fitting clothing and walking shoes with rubber soles. Shorts or sweatpants and jogging or tennis shoes are good choices.

***PLEASE BEWARE THAT IF THIS APPOINTMENT IS MISSED THERE IS A FEE OF \$300.**

Appointment Date: _____

Appointment Time: _____

manhattancardio.com

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