

**Chenango Memorial Hospital
Heart Care Center
607-337-4215**

Stress Test Instructions

You are scheduled for the following stress test on _____, at _____ AM/PM.

- Treadmill/EKG Stress Test
- Treadmill/Nuclear Stress Test
- Treadmill/Echocardiogram-Stress Test
- Lexiscan and/or Adenosine/Nuclear Stress Test-no water with Lexiscan test
- Dobutamine/Echocardiogram Stress Test
- Dobutamine/Nuclear Stress Test

1. Please arrive 15 minutes prior to your scheduled appointment.
2. Bring or wear loose/comfortable clothing such as shorts, slacks or sweats. For the treadmill, wear sneakers or comfortable, soft soled shoes.
3. No caffeine, alcohol, or tobacco products after midnight. No dairy or egg products after midnight. You may have a light meal, including juice or water, up to 1 hour prior to your arrival.
4. Do not take any digitalis type medication (Digoxin, Lanoxin, Digitex) for at least 72 hours prior to the test. If you are unsure if your medication should be held, check with your Doctor, or the Center.
5. Do not take any beta-blocker type medication (Propranolol, Metoprolol, Atenolol, Bisoprolol, and others) for at least 24 hours prior to the test. If you are unsure if your medication should be held, check with your Doctor, or the Center.
6. Do not take any theophylline type medication (Theodur, Slo-bid, and other related medications) for at least 24 hours prior to the test. If you are unsure if your medication should be held, check with your Doctor, or the Center.
7. Please bring your test order and any necessary insurance forms. If you are unable to keep your appointment, please notify the Center at least 24 hours in advance. If you have any questions or concerns please call the Center at 337-4215.