



CENTRA

Cardiovascular Imaging

Lynchburg General Hospital	1901 Tate Springs Road, Lynchburg, VA 24501	434.200.4540
Bedford Memorial Hospital	1613 Oakwood Avenue, Bedford, VA 24523	540.425.7545
Centra Southside Community Hospital	800 Oak Street, Farmville, VA 23901	434.315.2770
Stroobants Cardiovascular Center - Gretna	291 McBride Lane, Gretna, VA 24557	434.656.1717
Stroobants Cardiovascular Center – Danville	173 Executive Drive, Danville, VA 24541	434.797.1383

Appt Date/Time: _____ Arrive: _____

Patient Instructions for Stress Echo/Stress Test

TEST: Stress tests can be performed for many reasons, but all evaluate the health of your heart muscle. A stress test can have one or two parts. The first is a stress portion (exercise or medicine), and the second is ultrasound which takes pictures of your heart both before and after the stress portion.

TIME: Your test will take approximately one (1) to two (2) hours.

BRING: 1) Please bring your **Picture ID** and **Insurance Cards** as you will need to register for your test.
2) Please bring all of your **medications** with you since many medications can influence the accuracy and safety of your test.

WEAR: Please wear loose fitting comfortable clothing. If the stress portion of your test requires exercise, please also wear comfortable walking shoes, such as tennis shoes. Do NOT wear slippers, flip flops, sandals or heels.

TOBACCO PRODUCTS: Any source of nicotine can affect the blood flow to the heart muscle as well as your test results, therefore, do not smoke or use tobacco, nicotine, nicotine gum, nor nicotine patches on the day of your test.

CAFFEINE: Avoid all forms of caffeine for **twelve (12) hours** prior to your test. The caffeine in coffee, tea, sodas, energy drinks, chocolate and in some over-the-counter Pain/headache medications can influence the test. Even “decaffeinated” drinks still contain small amounts of caffeine. It is best to have only water before and during your test. Please avoid these medications that contain caffeine: Anacin, Excedrin, Darvon, BC Powder, Cafergot, Wigraine, No-Doz and energy supplements for **twelve (12) hours** prior to your test.

WHAT TO EAT: All patients should have nothing to eat **four (4) hours** prior to the test.

MEDICATIONS: Please bring all of your medicines with you to your test. Do not take the following medicines **the day of** your test unless you are told otherwise by your physician/provider, or if needed to treat chest discomfort the day of your test. If you have any questions about your medications, please talk to your physician/provider.

BETA BLOCKERS - usually ending in 'lol'		
Acebutolol – (Sectral)	Labetalol – (Normodyne, Trandate)	Pindolol – (Visken)
Atenolol – (Kalten, Tenoretic, Tenormin)	Metroprolol – (Dutoprol, Lopressor, Toprol)	Propanolol – (Inderal, Inderide)
Bisoprolol – (Zebeta, Ziac)	Nadolol – (Corgard)	Sotalol – (Betapace)
Carvedilol – (Coreg)	Nebivolol – (Bystolic)	Timolol – (Blocardren, Timolide)

CALCIUM CHANNEL BLOCKERS		
Amlodipine – (Norvaso)	Felodipine – (Plendil)	Verapamil – (Covera, Veralan, Calan)
Diltiazem – (Cardizem, Tiazao)	Nifedipine – (Procardia)	

NITRATES & MEDICATIONS THAT AFFECT YOUR BLOOD VESSELS		
Dipyridamole – (Persantine, Aggrenox)	Nitroglycerin – (Nitrostat)	Tadalafil – (Cialis)
Isosorbide – (Isordil, Ismo, Imdur)	Sildenafil – (Viagra)	Verdenafil – (Staxyn)

INSULIN DEPENDENT DIABETICS: Unless directed otherwise, insulin-dependent diabetics should delay their insulin on the day of the test until after they have eaten something. Please bring your insulin and a light snack with you to your test. If you take pills to control your sugar, do not take them until after your test.

TEST RESULTS: The results of your test will be reviewed by one of our cardiologists. The completed report will be entered into your Centra medical record and sent to your ordering physician/provider.