



## ★ SIMPLE STRESS TEST

**IMPORTANT - \*\*\*PLEASE REMEMBER\*\*\*:**

**\*\*\* INSTRUCTIONS\*\*\***

- Fast 1 HR before the exam.
- Wear comfortable clothing, closed toe shoes (sneakers, etc). LADIES: **NO ONE PIECE DRESS. NO underwire bra (sports bra preferred)**
- A driver is not necessary.
- You **MUST** skip the following medication as noted below for the time frame listed by the category of medication:

**BETA BLOCKERS – HOLD FOR 48 HOURS PRIOR**

Cartrol (Cartelol)	Kerlone (Betaxolol)	Toprol XL (Metoprolol)	Inderal (Propranolol)
Coreg (Carvedilol)	Levatiol (Penbutolol)	Trandate (Labetolol)	Bystolic (Nebivolol)
Corzide (Nadolol)	Lopressor (Metoprolol)	Visken (Pinolol)	Blocadron (Timolol)
Inderide LA (Propranolol)		Normodyne (Labetolol)	Zebate (Bisoprolol)
Bystiloc (Timolol)	Tenoretic (Atenolol)	Ziac (Bisoprolol)	Tenormin (Atenolol)

**CALCIUM CHANNEL BLOCKERS – HOLD 36 HRS PRIOR**

Cardizem (Diltiazem)	Isoptin (Verapamil)
Cardizem CD (Diltiazem)	Tiaza (Diltiazem)
Covera HS (Verapamil)	Verelan (Verapamil)
Dilacor (Diltiazem)	Tarka (Verapamil)

**NITRATES – HOLD FOR 6 HRS PRIOR**

Imudur (Isosorbide)	Isordil (Isosorbide)	Nitrodur Patch
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**Any questions feel free to contact us at (407) 846-0626 extension 829.**



# PRUEBA DE ESFUERZO CARDIACO

## ★ IMPORTANTE

### \*\*\*RECUERDE PORFAVOR\*\*\*:

- Ayune 1 HORA antes del examen.

### \*\*\* INSTRUCCIONES \*\*\*

- Venga con ropa comoda y suelta para caminar en la trotadora . DAMAS: **NO TRAJES DE UNA PIEZA ni BRASSIERE CON VARILLA (SPORTS BRA PREFERIBLE)**
- Use zapatos cerrados y cómodos, (ejemplo tennis)
- Si consume algunos de los medicamentos mencionados abajo, **DEBERA** aguantarlos por el tiempo mencionado bajo la categoria del medicamento

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Cualquier pregunta, favor de comunicarse con nosotros al 407) 846-0626 extension 829.