

Treadmill Stress Test Instructions

Date: _____

Time: _____

Jackson Madison County General Hospital

Regional Hospital of Jackson

Henderson County Community Hospital

24 Hours Before Test

- Caffeine interferes with some of the medication used with the nuclear stress test and will cause it to give false results. **Do not eat or drink any caffeine or decaffeinated products for 24 hours prior to the test** (coffee, tea, coke, chocolate, etc). **You may drink Sprite and Water.**
- Some medications can also cause the test to give false results. If you take medications that contain THEOPHYLLINE, AGGRENOX, DYPRIDAMOLE, PERSANTINE, or CAFFEINE, **do not take these medications for 48 hours prior to the test.**

The Day of the Test

- **Do not eat or drink after midnight the night before the test.**
- **Do not take medications known as beta-blockers the evening before or the morning of the test.** These medications include: TOPROL XL, COREG, ATENOLOL, METOPROLOL, LOPRESSOR.
- **If you are diabetic, do not take your diabetes pill or insulin the morning of the test.**
- **Do not take your medicines the morning of the test.** Bring all of your medications with you to the hospital.
- Wear light comfortable clothes; the test could take up to 4 hours to complete.
- You may want to bring a book, or something that keeps you entertained.
- If you are unable to keep your appt ***please call our office at least 24 hours before your test to cancel.*** Medication for test is specially ordered for you.