

## Preparation Instructions for GXT Test

Thank you for using Three Rivers Health for your Medical Imaging needs. For your upcoming appointment please follow the following steps.

- 1) Expect to be in the stress lab for approximately (1) hour.
- 2) Withhold caffeine for 12 hours prior to your test. This includes: chocolate, medications such as Excedrin (any medications containing caffeine), regular/decaf coffee, tea, and soda.
- 3) Avoid eating a heavy meal for (4) hours before your test. It's ok to have a light meal before.
- 4) Hold all Beta Blocker and Nitroglycerin medications (24) hours prior to test, you may need to check these medications with your pharmacist or physician.
- 5) Hold erectile dysfunction medications for (48) hours prior to test.
- 6) Bring a list of all your medications.
- 7) If patient has rescue inhalers (such as Albuterol) bring to appointment.
- 8) No smoking for (6) hours prior to test.

We hope you have a good experience with us. If you have any questions please call us at 269.273.9638.