

Preparation Instructions for Stress Test

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

- 1) **Expect your exam to take 2-3 hours to complete.**
- 2) Nothing to eat or drink for (4) hours before appointment time.
- 3) No caffeine after 7 pm the night before exam (including: Decaf coffee, soda, tea, chocolate, and any medications containing caffeine (such as Excedrin).
- 4) Hold Nitroglycerin and Beta Blocker medications for (24) hours prior to exam. 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 rescue inhalers such as albuterol with you.
- 7) Bring a list of your medications with you.
- 8) Diabetics should check their blood sugar before they arrive for the exam.

It is very important to follow these instructions to ensure an accurate exam

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