

Soon you'll be undergoing a very common type of test called a cardiac stress test. During your cardiac stress test, the doctor will take pictures of your heart to evaluate coronary artery disease (CAD). Here are some steps you should take to get ready **BEFORE** the day of your test:

- Ask your doctor if you should follow any dietary restrictions before your test.
- Ask your doctor if you should STOP TAKING any **medications** you usually take before the day of the test.
- If you have diabetes and use insulin or oral diabetes medications, ask your doctor for **SPECIAL INSTRUCTIONS**.
- Tell your doctor if you have a history of wheezing, asthma, or chronic lung disease.
- DO NOT** consume foods, drinks, or medications that contain methylxanthines (eg, caffeine and theophylline) for at least 12 HOURS before the test. Some medications that contain certain ingredients should also be avoided.
See the list below for some products you should avoid.
- DO NOT** apply creams, lotions, or powder to your chest area the day of the test.
- WEAR** comfortable clothing and shoes.

This is a partial list of what NOT to eat or drink.

Your doctor and pharmacist will know about other products, foods, drinks, and medications you can't have before your test. Be sure to tell your doctor which over-the-counter (OTC) and prescription drugs you're taking now. Your doctor will then give you instructions.

Partial list of foods and drinks that should be avoided for at least 12 hours before stress testing	Chocolate and cocoa products—including candies, cakes, brownies, pudding, chocolate milk, hot cocoa, etc.; coffee and tea, including brewed, instant, iced, and decaffeinated; soda pop, including those labeled "caffeine-free"; diet supplements, including energy bars, energy drinks, and products containing guarana
Partial list of OTC drugs containing caffeine	Anacin® (aspirin, caffeine), Excedrin® (acetaminophen, aspirin, caffeine), Vivarin® (caffeine), NoDoz® (caffeine)
Partial list of prescription drugs containing caffeine	Cafergot® (ergotamine tartrate, caffeine), Esgic® (butalbital, acetaminophen, caffeine), Fioricet® (butalbital, acetaminophen, caffeine), Fiorinal® (butalbital, aspirin, caffeine), Norgesic® (orphenadrine, aspirin, caffeine), Norgesic® Forte (orphenadrine, aspirin, caffeine), Synalgos®-DC (dihydrocodeine, aspirin, caffeine), Wigraine® (ergotamine, caffeine)
Partial list of common prescription drugs containing theophylline	Aerolate® (theophylline), Constant-T® (theophylline), Elixophylline® (theophylline), Quibron® (all forms) (theophylline), Respbid® (theophylline), Slo-bid® (theophylline), Slo-Phyllin® (theophylline), T-Phyl® (theophylline), Tedral® SA (theophylline, ephedrine HCl, phenobarbital), Theo-24® (theophylline), Theoclear® (theophylline), Theo-Dur® (theophylline), Theolair® (theophylline), Theo-Organidin® (iodinated glycerol, theophylline), Theo-Sav® (theophylline), Theostat® (theophylline), Theo-X™ (theophylline)
Partial list of common prescription drugs containing dipyridamole that should be withheld for 48 hours before stress testing	Aggrenox® (aspirin, dipyridamole), Permole® (dipyridamole), Persantine® (dipyridamole)

NOTE: The listed product names are the trademarks of their respective owners.