

- **Nothing to eat or drink after midnight prior to the date of your test.**
 - ***If you have Diabetes:*** You may have three ounces of clear juice with toast or crackers as early as possible prior to your test.
 - **No caffeine for 24 hours prior to your test.** Avoid foods that contain caffeine such as chocolate, sodas with caffeine and decaffeinated coffee/tea.
 - Wear comfortable clothing (pants/tops) and comfortable footwear. You will be walking on a treadmill as part of your test.
 - **Allow three hours for your test.**
 - An elevator is available in the lobby of the building. Please use it to visit us on the second floor.
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o Adenosine Stress Test and Dobutamine Stress Test

- **Be sure to check with your physician before you stop taking the following medications for 48 hours prior to your test:**
 - ☞ Theophylline
 - ☞ Dipyridamole
 - ☞ Persantine
 - ☞ Aggrenox
 - Take all other medications as prescribed with small sips of water.
 - If you use inhalers, please bring them with you to your test.
 - **Nothing to eat or drink after midnight prior to the date of your test.**
 - ***If you have Diabetes:*** You may have three ounces of clear juice with toast or crackers as early as possible prior to your test.
 - **No caffeine for 24 hours prior to your test.** Avoid foods that contain caffeine such as chocolate, sodas with caffeine and decaffeinated coffee/tea.
 - Wear comfortable clothing (pants/tops) and comfortable footwear. You will be walking on a treadmill as part of your test.
 - **Allow three hours for your test.**
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o Treadmill Stress Test

- **Do not take the following medications for 24 hours before your test unless otherwise instructed by your doctor:**

Acebutolol, Atenolol, Betapace, Betaxolol, Betopic, Bisoprolol, Blocadren, Cartrol, Carteolol, Carvedilol, Coreg, Corgard, Corzide, Inderal, Inderal LA, Inderide, Inderide LA, Kerlone, Labetalol, Levobunolol, Levatol, Lopressor, Lopressor HCT, Metipranolol,

Metoprolol, Nadolol, Normodyne, Ocupress, Penbutolol, Pindolol, Propanolol, Sectral, Sotalol, Tenormin, Tenoretic, Timolide, Timolol, Toprol XL, Trandate, Visken, Zebeta, Ziac

- Take all other medications as prescribed.
- If you use inhalers, please bring them with you to your test.
- **No caffeine before your test.** Avoid foods that contain caffeine such as chocolate, sodas with caffeine and decaffeinated coffee/tea.
- Wear comfortable clothing (pants/tops) and comfortable footwear. You will be walking on a treadmill as part of your test.
- Eat lightly two hours before your test, nothing to eat after that.

If you need to cancel or change your appointment, we ask that you please give at least 24 hours notice. Please call 207-351-2424 with any scheduling conflicts and we will be happy to accommodate you.