



# COMPREHENSIVE CARDIOVASCULAR

---

## **INSTRUCTIONS FOR EXERCISE OR DOBUTAMINE THALLIUM STRESS TEST**

- ❖ Please wear loose comfortable clothing (i.e. tee shirt) and shoes. Shorts or slacks are appropriate. (Ladies: No one piece dresses, long line bras, high heels or bras with underwire please)
- ❖ The exam will take approximately 2 1/2 to 3 hours.
- ❖ **No caffeinated or decaffeinated foods or beverages 24 hours prior to your exam.** (I.e.: coffee, tea, cola, soda or chocolate)
- ❖ Nothing to eat or drink after midnight, water is okay. If you have an afternoon appointment you may have a light breakfast (toast, juice, cereal or oatmeal.)
- ❖ No smoking 6-8 hours prior to test.
- ❖ If you need to reschedule your appointment please give us 24 hours notice. (Otherwise you may be held responsible for the cost of the medication that was ordered)
- ❖ **If you are taking any beta blockers or calcium channel blockers DO NOT take them 24 hours prior to your test.**
  - Examples:    Atenolol or Tenormen
  - Metoprolol or Lopressor
  - Propranolol
  - Verapamil, Diltiazem or Cardizem
  - Coreg
  - Toprol
  - If you are unsure, please ask the staff to assist you.
- ❖ Please arrive 15 minutes early to your appointment to fill out any paperwork needed.
- ❖ If you need directions to our office please click on the locations link or ask our office staff when they call to schedule or confirm your appointment.

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR APPOINTMENT PLEASE CONTACT  
OUR OFFICE AT (661) 323-4278**