

**Cardiac Stress Testing** is a safe, non-invasive way to evaluate heart function and blood flow under stress. This can be achieved through **exercise using a treadmill** or **medications (pharmacological, non-exercise)** for those who are unable to reliably exercise. This allows your provider to diagnose potential blockages and heart attack risk. Further information is available at [cardionow.org](https://www.cardionow.org).

## Before the Test

- **Avoid caffeine 12 hours before the test.**
  - Ex. coffee, tea, chocolate, energy drinks, soda, medications with caffeine (Excedrin, Midol, etc.)
- **Non-exercise/Pharmacological stress test (Cardiac PET/CT)**
  - Continue normally prescribed medications unless instructed otherwise by your provider.
- **Exercise stress test (Treadmill, Stress Echocardiogram)**
  - Hold your beta or calcium channel blocker **24 hours** prior to your test unless otherwise instructed by your provider.
  - **Beta-blockers:** *metoprolol, carvedilol, propranolol, atenolol, bisoprolol.*
  - **Calcium channel blockers:** *diltiazem, verapamil*

## Day of the Test

- Do not eat or drink 4 hours prior to the test. Water is OK.
- **No caffeine day of the test. No smoking or tobacco products minimum 1 hour prior.**
  - Includes coffee, tea, chocolate, energy drinks, soda, medications with caffeine (Excedrin, Midol, etc.)
- Wear comfortable clothes; remove metal (necklaces, bras with underwire) in the chest area.

## After the Test

- You may drive yourself home and return to work.

## **For questions please contact:**

CardioNow

19020 33rd Ave W Suite 250, Lynnwood, WA 98036

Phone: (425) 458-0707

**Cardiac PET/CT**

**Exercise (Treadmill, Stress Echocardiogram)**

**Appointment Date/Check-in Time:** \_\_\_\_\_