



MORRIS HOSPITAL
CARDIAC DIAGNOSTICS
815-705-1170

PREPARING FOR YOUR STRESS TEST

- NO CAFFEINE 12 HOURS PRIOR TO TESTING
 - NO coffee, tea, chocolate, or caffeinated soda. Decaffeinated drinks still have some caffeine.
 - No medications that have caffeine, such as Midol or Excedrin
 - Caffeine can affect our testing and you may need to reschedule
- NO EXERCISE 12 HOURS PRIOR TO TESTING
- DO NOT SMOKE 12 HOURS PRIOR TO TESTING
- Please make sure you are well hydrated prior to testing. Drink extra fluids the day prior to your test. Please do not consume alcohol 24 hours prior to testing.
- You MAY have a light meal the day of your test.
- You may take your medication as prescribed the day of your test unless advised otherwise.
 - Do NOT take the following medications unless directed:
Atenolol Bisoprolol Carvedilol Metoprolol Nebivolol
Cardizem Diltiazem Verapamil
- If you have an emergency inhaler, please bring it for your appointment.
- Please wear clothes that you can exercise in if needed. We will need to access your chest, so please wear a button up shirt, or a shirt that is easily removed.
- Please wear exercise appropriate shoes. Please do not wear sandals, slippers or slide on shoes to exercise.
- You may have someone accompany you to the hospital for your testing, but they will be restricted to the waiting area.
- There are different types of stress tests. Some have multiple steps, and you may have a waiting period between steps. You may wish to bring a book or magazine.
- Please arrive at least 30 minutes prior to your test time.

IF YOU HAVE QUESTIONS REGARDING YOUR TESTING, PLEASE CALL THE
CARDIO DIAGNOSTICS DEPARTMENT AT 815-705-1170.