



Patient Instructions for All Stress Tests  
Three Village Cardiology

1. No coffee, tea, soda or chocolate for 12 hours prior to test.
2. **DO NOT EAT** 4 hours before the test.
3. If you have **DIABETES**, ask your doctor if you should take your morning medications before the test.
4. If you are on a **BETA BLOCKER**, check with your doctor about holding this medication 24 hours before the test.
5. **FOR ANY NUCLEAR STRESS TEST, YOUR ISOTOPE DOSE IS CUSTOM ORDERED FOR YOUR WEIGHT. PLEASE GIVE THE OFFICE 48 HOURS NOTICE IF YOU MUST CANCEL.**