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PRACTICE LIMITED TO CARDIOVASCULAR DISEASES

**TEST INSTRUCTION SHEET
FOR DIABETIC PATIENTS**

CARDIOLITE, ADENOSINE, PERSANTINE OR DOBUTAMINE STRESS TEST

ALL STRESS TESTS MUST BE VERBALLY CONFIRMED PRIOR TO TEST

- 1) **24 hours prior to test, no caffeine.** This includes decaffeinated products. No coffee, tea, chocolate, or soda. No Fioricet. No Excedrin. No iced tea or chocolate milk.
- 2) **Do not eat 2 hours prior to test.** You may have juice, milk or water up to the time of testing.
- 3) **Take all of your diabetes medications,** (for example, Glucophage, insulin, etc).
- 4) **Take all your medications with small sips of water, unless otherwise indicated by the doctor at your last visit.**
- 5) **Bring all your medications with you.**
- 6) **Bring your glucometer machine and appropriate capillary puncture device and test strips.**
- 7) **Bring a container of juice with you and a snack, such as a sandwich, crackers, or fruit.**
- 8) **Wear comfortable clothing and sneakers or walking shoes.**

EXERCISE STRESS TEST/STRESS ECHOCARDIOGRAM:

3 hours prior to test, please have no food. Wear comfortable clothing, sneakers or walking shoes. Take all medications unless otherwise indicated by your doctor.

NAME _____ DATE: _____ TIME: _____