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IN AFFILIATION WITH:



# Test Preparation

## Echocardiogram

No preparation

## Exercise Stress and Stress Echo

- Bring list of current medications
- No alcohol for 24 hours prior to the test
- No caffeine the day of the test
- Nothing to eat 2 hours prior to the test
- Wear comfortable exercise clothes. Top should be loose and short-sleeved. Wear running shoes or rubber-soled walking shoes. Bare feet and sandals are not allowed
- Referring physician to advise patient regarding related medications hold prior to test

## Holter, Arrhythmia and Blood Pressure monitor

- Bring list of current medications
- No body lotion
- For women, please wear pants or skirt with a separate top; try to avoid wearing dresses or other one-piece garment
- Equipment to be returned at end of monitoring period

## 12-lead ECG

- No body lotion

## Nuclear Cardiology

- Bring list of current medications
- No alcohol, caffeine (e.g. tea, coffee, chocolate, caffeinated cola), decaffeinated or herbal tea or coffee for 24 hours prior to the test
- No fatty foods the day of the test. Fruits, vegetables and juice up to 4 hours prior to the test
- Test is ~4-5 hours.
- Please bring fruit, vegetables and/or juice with you as you will be allowed to have these half-way through the test.
- If you are diabetic and take insulin, discuss with the nurse in Cardiology Oakville Hospital (tel: 905.338.4686) what and when you should eat.
- Referring physician to advise patient regarding related medications hold prior to test