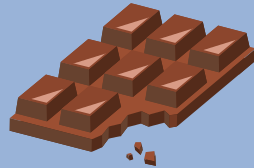


What not to/to Intake Prior your Test



Foods you Cannot Eat

24 hours prior: anything containing chocolate, chocolate flavouring, cocoa or caffeine.

4 hours prior: Do not eat.



Foods you Can Eat

4 hours prior: light breakfast, such as toast/cereal up until 4 hours prior to your test.



Drinks you Cannot Have

24 hours prior: coffee, decaffeinated coffee, tea, herbal tea, decaffeinated tea, soft drinks, energy drinks or any other caffeinated drinks.



Drinks you Can Have

24 hours prior: water and any non-caffeinated beverages.

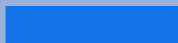


Cannabis (Marijuana)

24 hours prior: do not use or consume cannabis.



During the test

There will be a **30-45 minute** period after your stress test/injection, we ask you to consume a small fatty snack. **Please bring food from home,** such as cheese, , yogurt.

Medications Prior To Day 2 Appointment (Stress Portion)



3 Days Prior



Stop the following asthma medication after checking with your physician:

- Aminophylline
- Theodur (Theophylline)
- Uniphyll



48 Hours Prior



Do not take
Viagra (Sildenafil),
Cialis (Tadalafil),
Levitra (Vardenafil)



Do not take the following Beta-Blockers
(unless specifically instructed by your cardiologist):

- | | |
|--------------------------|-------------------------|
| • Bisoprolol (Monacor) | • Propranolol (Inderal) |
| • Metoprolol (Lopressor) | • Nadolol (Corgard) |
| • Atenolol (Tenormin) | • Sotalol (Sotacor) |
| • Carvedilol (Coreg) | • Timolol (Blocadren) |
| • Acebutolol | • Oxprenolol (Traisor) |
| • Labetalol (Normodyne) | |



Do not take the following Calcium-Channel Blockers
(unless specifically instructed by your cardiologist):

- Amlodipine (Norvasc)
- Diltiazem (Cardizem, Tiazac)
- Verapamil (Isoptin)
- Nifedipine (Adalat)
- Felodipine (Plendil)
- Caduet

24 Hours Prior



Do not take medications that contain **caffeine** such as

- Appetite control pills
- Sinutab with codeine
- Anacin
- Asacol
- Darvon
- Dristan
- Excedrine
- Fiorinal
- Lenoltec
- Midol
- No Doz
- Vanquiuch
- Vivarin



Do not take the following medications:

- NitroDur/Nitro patch
- Persantine
- Agreline
- Imdur/ISMN
- Isordil/ISDN
- Hydralazine
- Transderm
- Nitrong
- Minitran
- Aggronex

Morning of Test



Do not take: Diuretics



For Questions, please call 613-714-9855

If you are experiencing COVID 19 symptoms, do not come to the appointment, please call 613-714-9855 to reschedule. **cancellation fee does not apply to cancellations related to COVID***