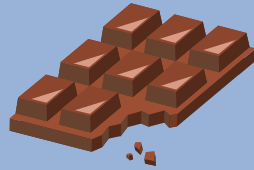


# What not to/to Intake Prior your Test



SCAN ME



## 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, peanut butter, 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)
- Metoprolol (Lopressor)
- Atenolol (Tenormin)
- Carvedilol (Coreg)
- Acebutolol
- Labetalol (Normodyne)
- Propranolol (Inderal)
- Nadolol (Corgard)
- Sotalol (Sotacor)
- Timolol (Blocadren)
- Oxprenolol (Traiscor)

 **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
- Vanqiuch
- Vivarin



**Do not** take the following medications:

- NitroDur/Nitro patch
- Persantine
- Agrelina
- 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\*\**