

Patient Instructions for GXT Stress Test

For any questions concerning these instructions or your test, call (205) 599-3500.

Please follow these important instructions:

Day of Test:

- No caffeine or decaf products 24 hours prior to the test. Avoid all soft drinks, chocolates, coffee and tea, including decaffeinated coffee and tea, which contain a small amount of caffeine.
- On the day of the test, do not eat or drink anything except water 4 hours prior to the stress test.
- On the day of the test, do not smoke or use any tobacco products 4 hours prior to the stress test.
- On the day of the test, do not use any nicotine products (i.e. patches, gum) 4 hours prior to the stress test.
- Take all medication(s) as normal, unless otherwise instructed by your physician. Note, before the stress test, your physician or our staff may instruct you to take or to withhold some of your medications' please follow their instructions. If you have any questions regarding your medication(s), contact your physician or our staff. You may have water to take your medication(s)
- It is very important for you to bring your medication(s) with you. Also bring a written list of medication(s).
- No Viagra or Levitra 48 hours before test.
- No Cialis 7 days before test.
- Bring a comfortable pair of walking shoes or sneakers. Women, try to wear a two piece outfit. Avoid wearing a dress. Men, do not wear overalls or coveralls.

Please inform us of any of the following so we can make sure the test is tailored for you:

- Asthma, asthmatic bronchitis, wheezing, emphysema, or lung disease.
- Any pulmonary inhalers used recently or in the past, or breathing treatments required. Bring any inhalers with you.
- Recent symptoms suggesting stroke, even if these went away.
- Any recent worsening of chest symptoms.
- Any Viagra, Levitra or Cialis taken within 7 days.
- Any Persantine, Dipyridamole or Aggrenox taken within the last week.