

GETTING READY FOR YOUR Heart Imaging Test

Soon you'll be taking a very common type of test called a heart imaging test, also known as a **cardiac stress test**. During your heart imaging test, the doctor will take pictures of your heart to check for coronary artery disease (CAD).

Here is a checklist to help you get ready **before** the day of your test:

Ask your doctor if you should avoid certain foods or drinks before your test.



Ask your doctor if you should stop taking any of your usual medicines.



Do not eat, drink, or take anything with methylxanthines, ie, caffeine and theophylline, for at least 12 hours before the test. Certain ingredients in foods and medications may interfere with the test. **See the tables on the next page for a list of some things you should avoid.**



Wear comfortable clothing and shoes.



Tell your doctor if you have a history of wheezing, asthma, or lung disease that keeps coming back.



Tell your doctor if you've ever had a seizure.



Drinks to avoid



- Coffee (brewed, instant, iced, decaf)
- Tea (brewed, instant, iced, decaf)
- Soda pop (including “caffeine-free”)
- Energy drinks
- Chocolate milk (or chocolate-flavored drinks, including nutritional drinks)
- Hot cocoa

Foods to avoid



- Brownies
- Chocolate pudding, cakes, and candies
- Energy bars

Some medicines to avoid



Over-the-counter drugs with caffeine	Prescription drugs with caffeine	Prescription drugs with dipyridamole (do not take for 48 hours)	Prescription drugs with theophylline
Anacin® (aspirin, caffeine)	Cafergot® (ergotamine tartrate, caffeine)	Aggrenox® (aspirin, dipyridamole)	Elixophylline® (theophylline)
Excedrin® (acetaminophen, aspirin, caffeine)	Esgic® (acetaminophen, butalbital, caffeine)	Persantine® (dipyridamole)	Theo-24® (theophylline)
Vivarin® (caffeine)	Fioricet® (acetaminophen, butalbital, caffeine)		
NoDoz® (caffeine)	Fiorinal® (butalbital, aspirin, caffeine)		

Looking for more support? Register at [StressTestCoach.com](https://www.stresstestcoach.com) to help you get ready for your heart imaging test.