

HOSPITAL STRESS TEST INSRUCTIONS

1. No caffeine 24 hours prior to test.
2. No Food or Drink after Midnight.
3. Wear comfortable shoes & clothes.
4. Wear button up shirt, if possible. No Metal Buttons.
5. Bring a Book or something to do during the test. Bring a snack.
6. Plan on being there a minimum of 4 hours.
7. Take medications unless otherwise directed.
8. Please withhold the following medications until after the testing:
Betablockers: Metoprolol, Bystolic, Toprol XL, Atenolol, Sotolol, Coreg, Carvedilol
Nitrates: Dilatrate-SR, Isordil, Sorbitrate, Imdur, Isosorbide mononitrate, Isosorbide dinitrate, NitroDur, Nitrolingual, Nitrostat, Transdermo-Nitro
9. Hold Inhalers.

Test scheduled for _____ arrival time is _____ am / pm

___Houston Northwest Medical Center 281-440-2600

___Memorial Hermann The Woodlands 281-364-5577

___St. Luke's - Woodlands

HOSPITAL INFORMATION

Houston Northwest Medical Center – 281-440-1000

710 Fm 1960 West

Houston, TX 77090

Go in to Medical Mall I (one) go down the hallway to the elevators then go up to the Heart Center on the 4th floor.

Memorial Hermann Hospital The Woodlands – 281-364-2300

9250 Pinecroft

The Woodlands, TX 77380

Use the main hospital entrance located at 9250 Pinecroft, after entering the hospital make a left and go to Cardiology.

St. Luke's Community Center The Woodlands – 936-266-2000

17200 St. Luke's Way

The Woodlands, TX 77384

Call hospital for directions.

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