

**Bryn Mawr Medical Specialists, Assoc.**  
933 Haverford Road  
Bryn Mawr, PA 19010  
(610) 527-3800 ext 265

830 Old Lancaster Rd., Suite 305  
Bryn Mawr, PA 19010

Cardiology Offices  
3855 West Chester Pike, Suite 250  
Newtown Square, PA 19073

INSTRUCTIONS FOR PERSANTINE STRESS TEST:

- Nothing to eat or drink for 12 hours prior to the test.
- No caffeine for TWO DAYS before the test. This includes coffee, tea, cola, and chocolate.
- Take your usual morning medications with half a glass of water the morning of the test **WITH THESE EXCEPTIONS:**

\*\*Do not take medications containing theophylline (**Theo-Dur**), dipyridamole (**Persantine, Aggrenox**), pentoxifylline (**Trental**), or cilostazol (**Pletal**) for 3 days prior to the test.

\*\***DIABETICS:** Do not take diabetic pills until after the test when you can eat. If you use insulin, please take one half of your long-acting insulin (Lantus, Humulin N) the at the usual time, and do not take your short-acting insulin (Humalog, Novalog, Humulin R) the morning of the test. If needed, you may eat plain toast around midnight the night before the test. Please bring a snack with you that day.

- No smoking four hours before the test.
- Please wear a short-sleeved shirt (such as a T-shirt), with no metal decorations. **Female patients** may not want to wear white since your bra will be off during the test.
- As part of the test, an IV will be inserted in your arm. The "Cardiolite" (and imaging tracer) will be administered through the IV. Cardiolite is not a dye and has no significant side effects. You will not be walking on a treadmill.
- When the test is completed, you will be able to go to work, or resume your usual daily activities.
- Plan to be at the stress lab for three to four three hours. There will be some waiting time so you may want to bring a book.

Date and Time of visit: \_\_\_\_\_ AM

PLEASE GIVE 24 HOUR NOTICE FOR ALL CANCELLATIONS (610-525-1202). THE CARDIOLITE IS ORDERED SPECIFICALLY FOR YOU AND THE COST CANNOT BE RECOVERED IF YOU DO NOT KEEP YOUR APPOINTMENT.