

## HOW TO PREPARE FOR THE ERGO STRESS TEST

Instructions and important informations for preparing for the ergo stress test:

- ❖ **48h before the test you need to stop taking beta blockers** (Atenolol, Prinorm, Presolol, Concor, Nebilet, Panapres, Propranolol, Dilatrend, Karvilex, Milenol, Tensec, Binevol, Lodoz etc.)
- ❖ **On the day of the test do not take coronary vasodilators such as:** (Monizol, Dilcoran, Lopion, Molicor, Isosorb R)
- ❖ **24h before the test stop taking Calcium channel blockers such as** (Verapamil, Izopamil, Isoptin, Cortiazem R)
- ❖ **1 day before the test and on the day of the appointment do not take Dilacor**
- ❖ **If you take antiarrhythmic drugs you need to consult the cardiologist who will perform this examination, and they will tell you how to take your therapy** (Propafen, Amiodaron, Minsetil, Novocamid, Korapeis)
- ❖ **Medications that regulate blood pressure you should take normally, including on the day of the test** (Enalapril, Prilenap, Prilazid, Katopil, Zorkaptil, Arifon i sl)
- ❖ **The Calcium channel blockers that you can take are** Nifelat, Nifedipin, Norvasc, Amlodipin, Amlopin i etc

- ✓ Patients who have not had a cardiac examination for more than a month should have that examination before the test.
- ✓ It is mandatory to have an ultrasound of the heart before the ergo stress test.
- ✓ If you previously did the ultrasound of the heart, it should not be older than 6 months.
- ✓ The day before the test or on the day of the test you should check levels of potassium in the blood.
- ✓ 2-3h before the ergo stress test you should have something light to eat, to avoid hypoglycemic reaction.
- ✓ Before the examination do not take coffee, caffeinated beverages, Coca-Cola, do not smoke cigarettes, come to the test well rested
- ✓ Bring comfortable shoes (sneakers) and appropriate clothing (best gym clothes), bring a towel.
- ✓ Diabetics should have something to eat before the test, and to take their regular oral antidiabetic therapy. Patients who take insulin should lower their dose for 2-4 IU with prior consultation with their endocrinologist.
- ✓ For women: It is not recommended to have this examination when you are on your period. You should wait for the period to end, and then schedule an appointment.
- ✓ For men: If you have hairy chest you should shave them before the test so the electrodes could stick well.
- ✓ It is recommended to take with you your medical documents and reports, as well as list of medications that you take.

**If you have any questions or you need some additional explanations, please contact us:  
011 7555 - 000 or 066 6 555-000.**

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