

Special instructions for patients

Bring a list of all your current medications and when you take them.

If you are unable to keep your appointment, call us to reschedule at (574) 364-2400.

For pulmonary function testing

- Do not take a breathing treatment (including inhaler treatments) within four hours before the test unless you have been specifically instructed to do so.
- You may eat a light meal before testing.
- Please allow 45 to 60 minutes for the pulmonary test.

For cardiac stress testing

- Get a good night's rest the night before the test.
- Wear comfortable, loose fitting clothing and walking shoes (tennis shoes, no sandals).
- Please avoid all of the following:
 - *For 24 hours before the test, you should not have beta blockers, nitrates or Ranexa.
 - *For 12 hours before the test, you should not have any caffeine products. This includes coffee, decaf coffee, colas, chocolate and Excedrin.
 - *For four hours before the test, you should not have any food or drinks.
 - *The morning of your test, you should hold medication for diabetes.
- You may take your other medications – including blood pressure medication – with sips of water.
- You may bring medications with you to take once the test is completed.
- You will be at the hospital for approximately 60 minutes. Your actual testing time is determined by type of stress test your doctor ordered.

For cardiac monitors

- Your chest area must be clean, with no lotion or oil on your chest.
- You will be at the hospital for approximately 30 minutes. Your actual testing time is determined by the monitor your doctor ordered.



Goshen Hospital

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