

Your appointment is scheduled for _____ at _____

Cardiac Treadmill Testing

If there is any possibility of pregnancy, this must be discussed with your physician before the test is scheduled.

1. You should plan to spend 1 hour at the clinic to complete this test.
2. Nothing to eat or drink 2 hours prior to test. **NO CAFFEINE PRODUCTS.**
3. Wear comfortable clothing and tennis shoes. Button down shirts or T-shirts with short sleeves are preferred. Females should try to wear a sports bra or one without a wire. Do not use lotion the day of your test.
4. If you are Diabetic and have concerns please contact us.
5. If you take any of the following medications you should stop them for 2 days prior to the test unless your doctor tells you to continue:
BETAPACE (sotalol hcl)
BETAPACE AF
BLOCADREN (timolol maleate)
BETAXOLOL HCL
COREG (carvedilol)
CORGARD (nadolol)
CORZIDE (nadolol-bendroflumethiazide)
INDERAL (propranolol)
INDERIDE (propranolol hctz)
INNOPRAN XL (propranolol hcl)
LEVATOL (penbutolol)
LOPRESSOR (metoprolol)
LOPRESSOR HCT
NORMODYNE (labetolol hcl)
PINDOLOL
SECTRAL (acebutolol hcl)
TENORMIN (atenolol)
TENORETIC (atenolol-chlorthalidone)
TIMOLIDE (timolol maleate hctz)
TRANDATE (labetolol hcl)
TOPROL XL (metoprolol succinate)
ZEBETA (bisoprolol fumarate)
6. IF YOU HAVE ANY QUESTIONS PLEASE CALL 789-1134.
7. During this test you will be hooked up to a monitor and walked on a treadmill to elevate your heart rate. If you have concerns about walking on a treadmill you should talk to your Doctor prior to your test day.