

Your Treadmill Stress Test Instructions

ARRIVAL TIME:

It is essential for you to be on time for your appointment. It is also very important for you to keep your appointment if at all possible. The radioactive pharmaceutical is specially ordered for your scan. If you are unable to keep your appointment, please notify our office at least 24 hours in advance.

EATING:

- It is necessary that you **do not eat during the 4 hours prior to your appointment** time. Doing so will cause your test to be rescheduled.
- It is also necessary that you **avoid all caffeine and caffeinated products for the 24 hours prior to your appointment**. This includes decaffeinated drinks, as well as chocolate & cocoa products, tea (iced, brewed, & instant), soda pop (including those labeled as caffeine free), diet supplements (energy drinks, bars, as well as products containing guarana) and over the counter medication that is made with caffeine (Anacin, Excedrin, No-Doz, Vivarin)
- **Note:** You are allowed to drink water or juice during your fasting period

CLOTHING:

- We recommend you wear a loose, 2-piece outfit
- Please wear shoes suitable for exercise on our treadmill
- Please refrain from applying lotion or powder to your chest on test day
- Women: If possible, refrain from wearing an underwire bra on the day of your test

MEDICATIONS:

Do not take any of the following medications on testing day or the day prior to.

Corgard/Nadolol

Toprol

Inderal/Propranolol

Ziac/Bisoprolol

Ternormin/Atenolol

Tenoretic

Veralan

Coreg/Carvedilol

Lopressor/Metoprolol

Kerlone/Betaxolol

Normodyne/Labetalol

Trandate/Normodyne

Calan/Verapamil

Levatol/Penbutolol

Cardizem

Tarka

Sectral/Acebutolol

Levatol/Penbutolol

Trandate

Labetalol

Isoptin

Blocadren/Timolol

Dilacor/Corzide

Bystolic

Diabetic Patients:

You will be fasting for at least 4 hours prior to your exam. You can decide when to take your medications based on your eating schedule, so please bring them with you.

About Your Treadmill Stress Test:

When you arrive for your appointment the technologist will first complete medical history and consent forms with you. The technologist will then attach adhesive leads to your chest and hook you up to the EKG machine. We will record your baseline parameters including heart rate and blood pressure. Our office follows the standardized exercise protocols of increasing speed and increasing elevation to attain the appropriate target heart rate for your age. Once finished exercising, you will continue to be monitored until your baseline levels are achieved. After our cardiologists read your results, our office will send a copy of the findings to your primary care physician.

The entire test will take approximately 30-45 minutes.