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Adult, Interventional, and
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Treadmill Exercise Stress Test

You have been scheduled for a Treadmill Exercise Test. To conduct the test you will be walking on a moving belt starting at a slow speed and with a gentle incline. During the test both the speed and the incline will gradually be increased every three minutes. This test provides important information about your heart. Your EKG and blood pressure will be constantly monitored to ensure your safety. The exercise will stop after your heart rate reaches a predetermined level, your level depends on your age and sex.

Preparation

1. Do **NOT** eat 4 hours prior to the test but you can have water or juice.
2. Wear casual clothes and comfortable tennis shoes.
3. 24 hours before the test, do **NOT** have caffeine, decaffeinated coffee, tea, chocolate or soda.
4. If you are a diabetic, you may have a light breakfast without caffeine.
5. Do **NOT** smoke for at least two hours before the test.
6. Please notify the office if you have a cold, the flu, an injury, or anything that you feel may interfere with your ability to exercise. Please note your test may be re-scheduled if indicated.
7. Please do not take Beta Blocker Medications 24-48 hours prior to your test.

Beta Blocker Medications To Hold For 24 Hours

Blocadren/Timolol Brevibloc/Esmolol Cartol/Carateolol Carvedilol Corzide Corgard/Nadol Inderal/Innopran/Propranolol Kerlone/Betaxolol Levatrol/Penbutolol	Lopressor/ Metoprolol Tartrate Sectral/Acebutolol Tenoretic Timolol/Blocadren Trandate/Normodyne/Labetalol Viskin/Pindolol Zebeta/Bisoprolol Ziac
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Beta Blocker Medications To Hold For 48 Hours

Bystolic Coreg CR	Tenormin/Atenolol Toprol XL/Metoprolol Succinate
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Patients taking Betapace (Sotalol) should **NOT STOP** taking this medication.

Take your usual medications at the prescribed times, unless you have been instructed to do otherwise. Bring a list of your current medications, including over the counter supplements with the name, dosage, and how often you take them.

If you have any questions regarding the test or these instructions, please call our office at 303-750-0822.