



TREADMILL STRESS TEST PATIENT INSTRUCTIONS

Date: _____ Time: _____

1. Bring a list of all the medications you take with you to the test. Include the name and dosage amounts of each medicine. This information can be found on the prescription or bottle label. You may continue to take your medicines as you normally would, unless your doctor instructs you otherwise. **Please bring your inhalers with you to the test.**
2. If you are taking the following **BETA-BLOCKERS**, please **do not take them the evening before or the morning prior to the test** unless directed by the physician. Bring the medication with you so you can take it after the test.

- Tenormin (atenolol)
- Levatol (penbutolol)
- Cartrol (carteolol)
- Visken (pindolol)
- Corgard (nadolol)
- Inderal (propranolol)
- Ziac (bisoprolol)
- Trandate (labetalol)
- Lopressor (metoprolol)
- Kerlone (betaxolol)
- Sectral (acebutolol)
- Blocadren (timolol)
- Normodyne (labetalol)
- Toprol (metoprolol XL)
- Sotacor
- Sotalol
- Coreg (carvedilol)
- Betapace
- Zebeta (bisoprolol)
- Bystolic (nebivolol)

3. **DO NOT** do any strenuous exercise or activities the day before your test, or the day of the test.
4. **DO NOT** eat or drink anything **four (4) hours prior** to your testing time. (It is okay to drink water during the four (4) hours prior to test.) The last meal you eat prior to the test should be a low fat meal and not include any caffeine or alcoholic beverages.

For this test, certain ingredients that exist in foods and medication – even in tiny amounts – may interfere with the test. These ingredients include caffeine, theophylline, and dipyridamole.

DO NOT TAKE THE FOLLOWING 24 HOURS PRIOR TO THE TEST:

- **NO** coffee or tea that is brewed, instant, iced or decaffeinated
 - **NO** colas or other soft drinks that contain caffeine, including those labeled “caffeine-free”
 - **NO** chocolates, including candies, frosting, cookies, pies, cocoa, and chocolate milk
 - **NO** aspirin products that contain caffeine, such as Anacin® and Excedrin®
 - **NO** Persantine® (dipyridamole)
 - **NO** theophylline or theophylline containing products such as Quibron®, Slo-Phyllin®, or Theo-Dur®
5. **DO NOT** smoke the day of the test!
 6. **DO NOT** use lotion or powder on your chest the day of the test.

7. Wear loose fitting, comfortable clothing. Pants or shorts sleeve shirts are preferred. (No long sleeves). You can bring a light jacket or sweater. Do not wear one-piece undergarments or body suits. Women are encouraged to wear bras (underwire bras are okay). Wear tennis shoes or crepe soled shoes. Please make sure there is no metal on the shirt, i.e. buttons, snaps, etc.
8. **PLEASE NOTE:** Family members are not allowed back in the cardiac stressing area due to patient privacy and exposure to unnecessary radiation.
10. The Treadmill Stress Test takes approximately **one (1) hour** to complete. This test evaluates the heart's ability to respond to an increased workload or oxygen demand. Heart responses are monitored while you walk on a treadmill.
11. Your test will be done at BVMA. Please enter via the **East Wing Entrance**.

If you have any further questions or concerns, please contact your BVMA physician.