

INSTRUCTION SHEET FOR THE FOLLOWING DIAGNOSTIC TEST: REGULAR EXERCISE STRESS TEST

ABOUT THE TEST: An exercise stress test is designed to evaluate your heart and its response to exercise when the blood/oxygen demands are increased. It is a helpful tool in the screening and prediction of heart disease. It also provides important diagnostic information about your blood pressure, your exercise potential, and aids in the identification of abnormal heart rhythms.

EXAM TIME: Approximately 45 minutes.
Arrive 15 minutes prior to your scheduled exam time.

- PREPARATION:**
- A) Patients having a morning stress test may eat a light breakfast (i.e., toast, muffin, juice).
 - B) Patients having an afternoon stress test may eat a normal breakfast and light lunch.
 - C) No body oils, lotions, or powders to the chest on the day of test as these keep the electrodes from sticking. You may wear underarm deodorant.
 - D) Wear loose comfortable clothing and shoes (tennis or walking) appropriate for a treadmill (no flip flops or sandals).
 - E) Please refer to Page 2 to see if you will need to stop taking any medications prior to your test.
 - F) On the day of your scheduled stress test, **please do not bring any minor children under the age of 18 without another supervising adult.** Should there be an emergency, we are unable to accommodate them. Nor do we have the staff to supervise them during the exam. **Additionally, family and friends are required to wait in the lobby during the exam.**

WHAT YOU CAN EXPECT FOR THE TEST:

You will be asked to walk on a treadmill with levels of speed and elevation increasing at 3-minute intervals. During this time, your blood pressure, heart rate and EKG will be monitored. The test will be stopped when you reach your maximum heart rate or may be stopped for fatigue, etc.

**PLEASE DO NOT TAKE ANY OF THESE MEDICATIONS
THE DAY BEFORE OR THE DAY OF THE TEST**

BETA BLOCKERS

GENERIC NAME

BRAND NAMES

Atenolol

Tenormin

Metoprolol

Lopressor

Nadolol

Corgard

Pindolol

Visken

Propranolol

Inderal

Bisoprolol

Zebeta, Ziac

Metoprolol ER

Toprol XL

Carvedilol

Coreg, Coreg CR

Bystolic

CALCIUM CHANNEL BLOCKERS

GENERIC NAME

BRAND NAMES

Diltiazem

Cardizem, Cardizem CR

Verapamil

Calan, Isoptin

Nifedipine

Procardia, Adalat

Amlopidine

Norvasc

Felodipine

****PLEASE NOTIFY THE OFFICE PRIOR TO YOUR TEST IF YOU HAVE A HISTORY OF SEVERE LUNG DISEASE AND ARE ON ANY PULMONARY MEDICATIONS SUCH AS INHALERS OR BRONCHODIALATORS (I.E., SPIRIVA, ALBUTEROL, ADVAIR, THEOPHYLLIN OR UNIPHYL).****