



Treadmill Stress Test

Please CHECK-IN at SUITE 500 the day of your procedure

1. **No** caffeine 24 hours prior to testing. **No** sports drinks (not even decaffeinated) 24 hours prior to testing.
2. **Nothing** to eat or drink 4 hours prior to test. (Except water!!)
3. If you are taking any of these medications, **they must be withheld** 24 hours prior to testing:
 - Beta Blockers: Atenolol, Betapace, Carvedilol, Coreg, Inderae, Inopran, Labetolol, Lopressor, Nadolol, Normodyne, Metoprolol, Propranolol, Sotalol, Tenormin, Toprol XL, Zebeta, Ziac
 - Calcium Channel Blockers: Diltiazem, Cardizem, Cartia, Tiazac, Amplodipine, Felodipine, Nifedipine, Norvasc, Plendil, Procardia, Verapamil, Verelan
 - Aminophyllines: Theophylline, Slow-Phylline, Theolair, Elizophyllin, Aerolate, Slo-bid, Teo-24, Theo-Dur, Uni-Dur, Uniphil, Oxitriphylline, Aminophylline, Pentotoxifyline
 - Anti-arrythmics: Digoxin, Lanoxin, Lanoxicaps
 - Anti-platelets: Aggrenox, Persatine (**HOLD 48 HOURS PRIOR TO TEST**)
4. Wear comfortable clothing (for women, a sports bra or bra without under wire and a button down shirt). Please wear shoes appropriate for treadmill. **No dress shoes, heels, or clogs.**

Please bring all medications you are taking, or a list of all current medications, with their doses and how often you take them.

We believe providing healthcare requires the joint efforts of the patient and the provider. Due to your current health issues, you have been advised to follow up with this diagnostic stress test. It is important to keep your appointment in order to gather the necessary information to assist with diagnosis and treatment. An hour of our time will be blocked for your scheduled appointment so please be courteous and notify the office 72 hours prior if you need to reschedule.

If you have any questions, please contact our office at (813) 876-7073