



Cardiovascular Diagnostics

Preparing for Your Treadmill Stress Test

Your treadmill stress test has been scheduled for:

Date: _____

Time: _____

Location: _____

If you must reschedule your appointment for Greenville or Simpsonville, please **call our office 24 hours in advance, 455-6900 or 1-877-611-9965.**

Also, please call the number above if you have any questions about this test.

Note: Allot 1 hour for a treadmill stress test.

To help you prepare for this test, please follow the instructions below.

- Dress in loose layers (it is cool in the office).
- Wear comfortable walking shoes (no high heels, sandals or backless shoes).
- Bring all medications with you to your appointment.
- No food **3 hours** before your test, but sips of water are allowed. Also, you may chew gum and suck on hard candy.
- **Withhold the following medications 24 hours before your test unless directed otherwise by your doctor:**

Acebutolol	Metoprolol
Atenolol	Nadolol
Betapace	Persantine
Blocadren	Pindolol
Bystolic	Primatene
Calan	Propranolol
Cardizem	Quibron
Carvedilol	Sectral
Constant-T	Sotolol
Coreg	Tenormin
Corgard	Tiazac
Cover-HS	Toprol
Digoxin	Trandate
Dilacor	Verapamil
Diltiazem	Verelan PM
Dypridamole	Visken
Inderal	Ziac
Labetalol	Zybeta
Lopressor	