

## **Treadmill and Stress Echo Test Instructions**

- Please have breakfast or lunch at least 2 hours before the procedure. Caffeine drinks should not be consumed at least 4 hours before the procedure and NO smoking or heavy food on the day of the procedure.
- Wear comfortable clothes and tennis shoes or appropriate walking shoes for exercise. Patients will NOT be allowed to exercise on barefoot.
- Hold following medications as instructed:

### **Medications to Avoid:**

- Beta Blockers (Take ½ dose the day before the test and none the day of the test)
  - Atenolol (Tenormin)
  - Bystolic
  - Carvedilol (Coreg)
  - Ziac (Bisoprolol)
  - Metoprolol (Lopressor, Toprol)
  - Propranolol (Inderal)
  - Labetalol
- Calcium Blockers (Do not take day of test)
  - Amlodipine (Norvasc)
  - Diltiazem (Cardizem, Dilt-cd)
  - Exforge (Amlodipine)
  - Plendil (Felodipine)
  - Nifedipine(Procardia)
  - Verapamil (Verelan, Isoptin, Calan)
- Nitrates (Do not take day of test)
  - Imdur (Isosorbide Monoitrate)
  - Isosorbide (Ismo, Sorbitrate)
  - Nitroglycerine Patch (Transderm, Nitro-dur)
- Digoxin (Do not take day of test)

**Note: Please give us 24 hours notice if you need to reschedule or cancel the test.**