



## STRESS TEST INSTRUCTIONS

### EXERCISE ("TREADMILL")

***IMPORTANT: PLEASE CAREFULLY READ ALL INSTRUCTIONS IN ORDER TO AVOID RESCHEDULING.***

**\*ONLY THE PATIENT IS ALLOWED BACK DURING TESTING\***

**TAKE** all medications, except those listed below: **DO NOT TAKE THE FOLLOWING MEDICATIONS FOR 36 HOURS PRIOR TO TESTING:**

**Beta Blockers:**

Metoprolol/Lopressor/Toprol/Atenolol/Tenormin/Cardvedilol/Coreg/Pindolol/Visken/Bisoprolol/Zebeta/Labetolol/Propanolol/Inderal/Acebutelol/Sectral/Timolol/Blocadren/Nebivolol/Bystolic

**Calcium Channel Blockers:**

Diltiazem/Cardizem/Cartia/Taztia/Tiazac/Dilacor/Verapamil/Calan/Verelan/Isoptin

### **THE DAY OF THE TEST**

- Please wash chest area and avoid oil, lotion, powder and perfume.
- Chest hair can interfere with the placement of the EKG electrodes, please shave your chest prior to your appointment if needed.
- Wear a comfortable two-piece outfit (e.g. workout clothes); avoid wearing dresses, jumpsuits or shirts with metallic buttons or zippers on the chest area.
- Wear comfortable closed-toe running shoes; you will be walking UPHILL or possibly running on the treadmill.
- Bring your scheduled cardiac medications with you, to take as directed by the Physician after the test.
- No smoking prior to your test.

***\*\* A \$250 CANCELLATION FEE WILL BE INCURRED IF YOU DO NOT COMPLY WITH THE INSTRUCTIONS ABOVE, OR CANCEL YOUR APPOINTMENT WITHIN 2 BUSINESS DAYS. IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, PLEASE CALL 480-699-5536 TO RESCHEDULE\*\****

***By signing, I agree to the above instructions and cancellation fee policy:***

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date