



Patient Instructions Exercise Treadmill Stress

This purpose of this exam is to compare your resting baseline EKG your EKG during exercise. Certain changes in your EKG may suggest parts of your heart muscle may not be getting enough blood flow, so further testing would be required to determine if this is actually the case, or if the EKG changes are a false positive.

1. Wear comfortable SHORT SLEEVED shirt, pants, and comfortable walking shoes.
2. Nothing to eat or drink including caffeine (except water) for **3** hours prior to appointment.
3. Do not take medications that are Beta Blockers or Calcium Channel Blockers for **24** hours. List of medications are on next page of instructions.
4. Pain medications can be taken if tolerated on an empty stomach.

Explanation of Test:

The Exercise Physiologist will briefly explain the test and hook you up to a 12-lead EKG which will be taken continuously throughout the test. A baseline blood pressure will also be performed. You will then walk on the treadmill, up an incline. The goal is to get your heart rate up to a target based on your age. This target ensures enough blood is being pumped through your heart to get an accurate reading of the exercise EKG. The treadmill will get slightly faster and steeper in three minute intervals until your target heart rate is achieved. After you are done on the treadmill, the Exercise Physiologist will continue to monitor your heart rate and blood pressure for a few minutes while you recover to baseline.

The test results will be available in approximately 3-10 business days. Someone will call you with the results.

If you need to cancel your appointment, you must call the office by 4:00 pm the day before your test. If your test is on Monday, you must call the office on Friday. Please do not leave a message with the answering service.

Please make sure your insurance information is correct and up to date. Our office will call your insurance company for pre-certification prior to your exam. If you need a referral for this test it will be your responsibility to obtain one from your Primary Care Physician.

DATE OF TEST ____/____/____

TIME ____:____

If you have questions please call the office between 9 AM and 4 PM at **404-252-7970**

I have received and acknowledged the above information: _____



Medications to Discontinue before a Treadmill Stress Test, Nuclear Stress Test or Stress Echo

Patients should not take any of these medications for **24 hours** prior to test.
Please bring all of your medications with you; if needed you will be able to take those after stress test is complete.

Beta Blockers

Acebutolol (Sectral, Monitan)
Tiazac
Atenolol (Tenormin)
Betaxolol (Kerlone)
Bisoprolol (Zebeta)
Carvedilol (Coreg)
Esmolol (Brevibloc)
Lebetalol (Trandate, Normodyne)
Metoprolol (Lopressor, Toprol XL, Betaloc)
Madolol (Corgard)
Pindolol (Visken)
Propranolol (Inderal)
Timolol (Blocadren)
Lanoxin (Digoxin)
Bystolic
Ziac
Sotalol

Calcium Channel Blockers

Diltiazem (Cardizem, Diltia,
Felopine (Plendil, Renedil)
Isradipine (Dynacirc)
Nicadipine (Cardene)
Verapamil (Calan, Covera-HS)

Nitrates

Nitropatch
Imdur
Ismo