

GENERAL TREADMILL STRESS TEST



PH: 480-945-4343 | Fax: 480-945-4350

Patient Name: _____ Exam Date: _____ Appointment Time: _____

You will be having a general treadmill stress test. This means you will be walking on a treadmill to reach a Target heart rate, determinate by your age. Your blood pressure will be monitored, as well as your heart rate and rhythm, with a walking EKG.

Please review these instructions at least **2 days** prior to your test. Please call our office, if you have any questions or concerns.

****No food 2 hours prior to the test. Please drink plenty of water so you are hydrated.**

****Wear comfortable, loose-fitting clothing such as sweatpants, jeans, or walking shorts. Please do NOT wear any one-piece outfits, jumpsuits or dresses. No jewelry or metal buttons on the chest area the day of the test.**

****DISCONTINUE USE OF BETA BLOCKER(S) 48 hours prior test. Take all other medications the day of the test as normal. Please speak with a Medical Assistant if you are not sure if you take a Beta Blocker, see list below.**

BETA BLOCKERS

NAME BRAND

Sectral
Tenormin
Kerlone
Zebeta
Coreg
Normodyne
Lopressor
Toprol XL
Corgard
Levatol
Visken
Inderal
Blocadren
Trandat
Bystoli

GENERIC NAME

(Acebutolol)
(Atenolol)
(Betaxolol)
(Bisoprolol)
(Carvedilol)
(Labetalol)
(Metoprolol Tartrate)
(Metoprolol Succinate)
(Nadalol)
(Penbutolol)
(Pindolol)
(Propranolol)
(Timolol)
(Labetalol)
(Nebivolol)