

INSTRUCTIONS FOR TREADMILL EXERCISE TESTING

- 1) Patient should have nothing to eat or drink except water for 4 hours prior to testing. Please drink plenty of water to keep yourself well hydrated. You should eat earlier to prevent getting light-headed or weak while exercising.
- 2) Wear loose fitting, comfortable clothing you will be able to exercise in. Women should wear a button down the front short-sleeved shirt.
- 3) Patient must wear running/tennis shoes.
- 4) Please do not take heart medications as indicated below, prior to test:
STOP 48 HOURS PRIOR TO TESTING
Atenolol, Lopressor, Metoprolol, Coreg, Tenormin, Corgard, Nadolol,
Acebutolol, Oxprenolol, Verapamil, Inderal, Propanolo, Inderide, Toprol,
Labetalol, Bystolic

STOP THE DAY OF THE TEST

Diuretics (Lasix, HCTZ, Dyazide, Spironolactone), Nitro patches, Isosorbide

If you have any questions in reference to your test, please contact our offices

Waldorf: (301) 645-5100

Leonardtown (301) 475-3240

Appointment Date: _____

Appointment Time: _____

Location: W _____ L _____