
Preparing for your exercise treadmill test

Cardiovascular Diagnostics

Your exercise treadmill test has been scheduled for:

Date: _____

Time: _____

Location: _____

Note: Allot 30 minutes for an exercise treadmill test.

To help you prepare for this test, please follow the instructions below.

- Wash with soap that has no lotion (Ivory, Zest or Dial). No lotions or oils can be applied to the chest or abdomen.
- Dress in loose layers (it is cool in the office).
- Wear comfortable walking shoes (no high heels, sandals or backless shoes).
- Do not wear one-piece garments such as overalls, dresses or full slips.
- Bring all medications with you to your appointment.
- You may have water and a light meal before your test.
- **Withhold the following medications 24 hours before your test unless directed otherwise by your doctor:**

| | |
|-------------|-------------|
| Acebutolol | Metoprolol |
| Atenolol | Nadolol |
| Betapace | Persantine |
| Blocadren | Pindolol |
| Bystolic | Primatene |
| Calan | Propranolol |
| Cardizem | Quibron |
| Carvedilol | Sectral |
| Constant-T | Sotolol |
| Coreg | Tenormin |
| Corgard | Tiazac |
| Cover-HS | Toprol |
| Digoxin | Trandate |
| Dilacor | Verapamil |
| Diltiazem | Verelan PM |
| Dypridamole | Visken |
| Inderal | Ziac |
| Labetalol | Zybeta |
| Lopressor | |

Important: If you experience any cardiac symptoms while withholding your medication during this 24-hour period, call our office at once to speak with a doctor, **864-455-6900**.

If you have any questions about this test or if you need to reschedule your appointment, please call our office **24 hours in advance, 864-455-6900**.