Exercise Treadmill Stress Test

Patient Instruction Sheet

Questions? Call (845) 346-0699 or (845) 342-4774, ext. 4216.

Your Appointment

Date: **Time:**

Before Your Test

- Do not smoke before the test.
- Do not eat a heavy meal before the test.
- Wear flat, comfortable walking or running shoes. Do not wear slippers or sandals.
- Wear loose, lightweight shorts or sweatpants.
- Do not use body lotion or body oils on the day of the test.

Tell Your Doctor Before the Test If:

- You have taken medicine for erectile dysfunction, such as Viagra, Cialis, or Levitra, within the past 48 hours. Nitroglycerin may be needed during the test and can cause a serious reaction with these medicines.
- You have bleeding problems or take aspirin or another blood thinner.
- You have joint problems in your hips or legs that may make exercise difficult.
- You have a heart valve problem.

Important: Unless your doctor tells you otherwise, take ALL of your usual medicines EXCEPT those listed in the Medication Instructions section below.

What to Expect

After you arrive, electrodes will be placed on your chest and connected to an EKG machine. You will begin walking on a treadmill. The speed and incline will increase every 3 minutes.

How long you exercise will depend on fatigue, symptoms, heart rate, and EKG findings. Most people exercise for about 6–9 minutes. Your blood pressure, heart rate, and EKG will be monitored during the test and for several minutes afterward.

Medication Instructions

24 Hours Prior to Test: Do not take any of the following medications:

Category	Medication names	
Beta blockers	• Acebutolol (Sectral) • Atenolol (Tenormin, Tenoretic) • Betaxolol (Betagen) • Bisoprolol (Zebeta, Ziac) • Carvedilol (Coreg) • Labetalol (Normodyne, Trandate) • Metoprolol Succinate ER (Toprol XL, Kapspargo Sprinkle)	• Metoprolol Tartrate (Lopressor) • Nadolol (Corgard, Corzide) • Nebivolol (Bystolic) • Pindolol (Visken) • Propranolol (Inderal) • Sotalol (Betapace) • Timolol (Blocadren)
Calcium channel blockers	• Nicardipine (Cardene) • Nifedipine (Procardia) • Felodipine (Plendil)	• Verapamil (Veralan, Calan, Isoptin) • Diltiazem (Cardizem, Cartia XT, Tiazac) • Doxazosin (Cardura)
Other medicines	• Isosorbide Mononitrate (Imdur, Monoket) • Isosorbide Dinitrate (Isordil) • Nitroglycerin SL Tablets (Nitrostat) • Nitroglycerin SL Spray (Nitrolingual) • Nitroglycerin Patch (Nitro-Dur, Minitran)	• Nitroglycerin Ointment (Nitro-Bid) • Sildenafil (Viagra) • Tadalafil (Cialis) • Vardenafil (Levitra) • Avanafil (Stendra)

Continue taking all other medications as prescribed.

If you are unsure whether to take a medication, call the Cardiology Department before your test.