

ROZIN Internal Medicine  
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### TREADMILL EXERCISE STRESS TEST INSTRUCTIONS

Below are instructions to follow for your scheduled treadmill exercise test.

1. Please be on time and plan to spend about 1 – 1 ½ hours for your test.
2. It is OK to have a light meal on the day of your test. You should not have anything to eat for two (2) hours prior to the test.
3. Do not smoke for three (3) hours prior to your test.
4. Sneakers, flats, or walking shoes are needed for the test, as you will be walking on a treadmill. Hard sole shoes, slippers or sandals should not be worn.
5. Clothing should be appropriate to exercise in:

Men: Loose comfortable shorts, jogging pants, or loose trousers are OK.

Women: Short sleeved, loose fitting T-shirt or front-button-up blouse.  
Shorts or loose-fitting slacks are OK.  
Please do not wear 1-piece undergarments or underwire bra.  
Do not use body powder, perfumes, or body oils.  
You may use deodorant.

☆ 6. Certain medications may interfere with your test, limiting its accuracy and may need to be adjusted prior to the test. **Please contact our office one week prior to your appointment if you are currently taking any of the medications listed below.** Otherwise, you may continue your medications as prescribed.

Atenolol/Atenolol HCT	Dilacor	Propranolol-LA
Bisoprolol/Bisoprolol-HCT	Diltiazem	Tenoretic
Bystolic	Inderal/Inderal-LA	Tenormin
Calan	Isoptin	Tizac
Cardizem	Labetolol	Toprol-XL
Coreg	Lopressor	Verelan
Corgard	Metoprolol	Verapamil
Covera	Nadolol	Ziac

6. If you have any questions, please call our office.
7. If you need to cancel your test, please do so with at least a 24-hour notice, or you may be charged a fee.

Before the test, electrodes will be attached to your chest. Then, the doctor and/or assistant will monitor you during your test. This will include measuring your blood pressure and heart rate, as well as your EKG-looking at the electrical activity of your heart. Every three (3) minutes, the machine will get faster and steeper. Although, you may stop at any time, the test is typically continued until you are fatigued or the treadmill is going too fast for you to comfortably keep going. After the test, the results will be discussed with you.