

Internal Medicine Specialists, P.C.

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TREADMILL EXERCISE 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. 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: Wear a short sleeved, loose-fitting T-shirt or blouse that buttons in the front. Shorts or loose-fitting slacks are OK. Please do not wear one-piece undergarments or an underwire bra. Do not wear 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	Diltiazem	Tenoretic
Bisoprolol/Bisoprolol-HCT	Inderal/Inderal LA	Tenormin
Calan	Isoptin	Tizac
Cardizem	Lopressor	Toprol-XL
Corgard	Metoprolol	Verelan
Covera	Nadolol	Verapamil
Dilacor	Propranolol/ LA	Ziac

7. If you have any questions, please call our office.
8. If you need to cancel your test please do so with at least a 24-hour notice.

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.