



# COMPREHENSIVE CARDIOVASCULAR

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## **TREADMILL TEST INSTRUCTIONS**

1.) Please wear comfortable clothing and shoes. Shorts and slacks are appropriate. You will be exercising on a treadmill.

**LADIES:** No one piece dresses, long line bras, high heels or bras with underwire please

2.) The exam will take approximately 30–45 minutes.

3.) No caffeinated beverages or foods 24 hours prior to your exam.

**EXAMPLE:** coffee, tea, soda, cola or chocolate

4.) If you are a smoker, please do not smoke 6 hours before your exam.

5.) Avoid wearing lotions or perfumes

6.) **If you are taking any beta-blockers or calcium channel blockers DO NOT take them 24 hours prior to your test.**

### **Medications List**

ACEBUTOLOL	ACEBUTOLOL HYDROCHLORIDE
ATENOLOL	BETAXOLOL
BISOPROLOL	BLOCADREN
BREVIBLOC	CALAN
CARIZEM	CARTEOLOL
CARTROL	CARVEDIOL
COREG	CORGARD
DIGOXIN	DILACOR
DILACOR XR	DILTIAZEM
ESMOLOL	INDERAL
INNOPRAN XL	KERLONE
LABETOLOL	LANOXIN
LAVATOL	LOPRESSOR
LOPRESSOR HCT	METOPROLOL
NADOLOL	NORMODYNE
PENBUTOLOL	PINDOLOL
PROPRANOLOL	SECTRAL
SOTOLOL	SULAR
TARKA	TENORMIN
TIMOLIDE	TIMOLOL
TOPROL	TOROL TX
TRANDATE	VERAPAMIL
VERELAN	VIKEN
ZEBETA	

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR APPOINTMENT PLEASE CONTACT  
OUR OFFICE AT (661) 323-4278**