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Patient Instructions for Exercise Stress Test

Brief explanation of sequence of test: You will need to undress from the waist up; ladies will be given a gown to wear. Electrodes will be placed on your chest to monitor your heart rate. The skin may need to be lightly scraped and men may have chest hair shaved to be able to obtain a clear test result. Blood pressure cuffs will be used during the test. Please inform the staff if there is a problem using a blood pressure cuff on one arm. You will be asked to walk on the treadmill. As you are walking on the treadmill, the speed and/or incline will be increased every few minutes. It is important to tell the staff if you are having chest pain or discomfort, dizziness, breathing difficulties, or any other problems. You will be asked to exercise for as long as you possibly can or until you have cardiac symptoms. The exercise will end at your request; however, the doctor or staff member may stop the test before then if he or she has the necessary information. When the exercise part of the stress test is completed, the treadmill will gradually slow down. A staff member will be standing next to you to assist you. For your safety, please hold onto the bar at the front of the treadmill.

Time: This test will take 30 minutes to one hour.

Cancellation: If you need to cancel this test you must notify our office 24 hours in advance. You will be responsible for a \$25 cancellation fee if you do not cancel at least 24 hours in advance.

Clothing: Please wear loose fitting clothing and rubber-soled walking or running shoes that are comfortable for exercising. Ladies please wear a bra and do not wear a dress. Please no jewelry. Do not use bath oil, lotion, or powder on the morning of the test. You may use deodorant if desired.

Diet: You may eat or drink before the test, within reason.

Insurance: It is your responsibility to provide our office with your insurance card and referral. If a referral is needed you will need to bring the original copy to our office with you. This is very important, as the test cannot be preformed without a referral.

Medications: Please bring your medication bottles or a list of your current medications with you. You will be required to stop certain medications **24 hours prior to the test**. Stop the following medications 24 hours prior to test (unless you have chest pain on stopping medications).

Beta Blockers:

Acebutolol (Secral)
Bextaxolol (Kerlone)
Bisoprolol (Zebeta, Ziac)
Carvedilol (Coreg)
Labetalol (Normodyne,
Trandate)
Metoprolol (Lopressor,
Toprol XL)
Naldolol (Corgard)
Nebuolol (Bystolic)
Penbutolol (Levatol)
Pindolol (Visken)
Propranolol (Inderal, InnoPran
XL)
Sotalol (Betapace)

Tenormin (Atenolol)

Timolol (Blocadren)

Calcium Blockers:

Amlodipine (Caduet, Lotrel,
Norvasc, Exforge)
Diltiazem (Cardizem, Carta
XT, Dilacor, Tizac, Taztia XT)
Felodipine (Plendil, Lexxel)
Isradipine (Dynacirc)
Nicardipine (Cardene)
Nifedipine (Procardia, Adalat,
Nifedical, Nifediac)
Nisoldipine (Sular)
Verapamil (Calan, Covera,
Veralan, Isoptin, Tarka)

Anti Arrhythmic:

Amiodarone (Cordarone)
Digoxin (Lanoxin)
Dronedarone (Multaq)
Flecainide
Propafenone (Rythmol)
Quinidine
Sotalol (Betapace)

Nitroglycerine Preparations:

Isosorbide Dinitrate (Isordil)
Isosorbide Monitrate (Imdur)
Nitrobid
Nitroglycerin Patch (Nitro-
dur, Nitrodisc, Transderm-
Nitro, Minitran)

PLEASE NOTE: HOLD THE ABOVE MEDICATION 24 HOURS PRIOR TO TEST.

If you have any questions please contact our office at (732) 840-1900 or send us a message through your patient portal.

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