



PF08405 (R 8/07)

EXERCISE STRESS TEST PREPARATION

IMPORTANT-REVIEW THESE INSTRUCTIONS 2 DAYS PRIOR TO YOUR TEST

You have been scheduled for your test at _____

on _____ at _____.

1. **DO NOT HAVE ANY CAFFEINE, DECAFFEINATED BEVERAGES, CHOCOLATE, OR TEA FOR 12 HOURS BEFORE TEST.**
2. **IF YOU TAKE ANY OF THE MEDICATIONS LISTED ON THE ATTACHED MEDICATION SHEET, PLEASE DO NOT TAKE THESE MEDICATIONS THE DAY BEFORE AND THE DAY OF YOUR TEST.**
3. **DO NOT USE TOBACCO OR ALCOHOL PRODUCTS FOR 12 HOURS BEFORE TEST.**
4. **DO NOT EAT OR DRINK FOR TWO (2) HOURS BEFORE YOUR TEST.**
5. If you are a diabetic, ask your doctor's office for special instructions. If you are currently on insulin, please bring your insulin with you.
6. Wear comfortable, loose-fitting clothing such as slacks or walking shorts (no one-piece items such as jumpsuits or dresses), and comfortable socks and walking shoes, preferably tennis shoes or jogging shoes.
7. Allow one (1) hour for completion of the stress test. This includes preparation time and post-test monitoring.
8. Please read and follow the attached medication sheet and bring your current list of medications and dosages with you.
9. Please inform the medical personnel of any back problems, problems with walking, recent illness, or chest discomfort, etc.

If you have any questions regarding your test please call 989.583.4700 or 866.800.0995.



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WHAT IS A GRADED EXERCISE TEST?

The stress test is a procedure to show how the heart is working during exercise. It can be used to evaluate chest pain, coronary artery bypass surgery, rehabilitation, your fitness for work or recreation, or your response to therapy.

The test consists of having you walk on a treadmill. Your EKG and blood pressure will be monitored throughout the test. You will begin by walking slowly uphill. The speed and grade will be gradually increased. The test will be stopped when you reach your target heart rate, have chest pain, become very short of breath, dizzy, tired, or the physician stops the test. Your target heart rate is the rate at which the heart of a person your age and sex should be able to reach. It is very important for you to tell the physician exactly how you are feeling.

If you have any questions, please feel free to call the office.



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If you are taking any of the following medications, they need to be stopped the day before and the day of your test.

Acebutol-generic for Sectral capsules	ion products for Normozide)	Poscior
Adalat-generic for Procardia	HCTZ & Timolol-combination products for Timolol	Procardia & Procardia XL
Aerolate	Hebesser	Propranolol-generic for Inderal products
Aminophylline (2 full days & test day)	Imdur	Respbid (2 full days & test day)
Amlodipine	Inderal injecion	Quibron (2 full days & test day)
Analapril	Inderal LA	Sectral Tablets
Atenolol-generic for Tenormin/Tenoretic	Inderal tablets	Selecor
Benzylamide & Nadolol-combination products for Corzide	Inderide	Slo-Bid (2 full days & test day)
Betaloc	Ismo	Slo-Phyllin (2 full days & test day)
Betaxolol-generic for Kerlone	Isordil	Sorbitrate
Betazolol	Isosorbide (Dinitrate/Mononitrate)	Sular
Bisoprolol	Isoptin	Tarka
Blocadren	Isradipine	Teczem
Brevibloc injection	Kerlone	Tedril SA (2 full days & test day)
Caduet	Levatol	Tenormin
Caffeine	Lopressor Ampuls	Tenoretic
Calan and Calan SR	Lopressor HCT tablets	Theo-X
Cardene	Lopressor pre-filled syringes	Theo-24 (2 full days & test day)
Cardizem	Lopressor tablets	Theo-24 Cap (2 full days & test day)
Cartelol-generic for Cartrol tablets	Marax	Theochron (2 full days & test day)
Carvedilol	Metoprolol-generic for Lopressor products	Theoclean
Celiprocil	MiniTran patch	Theo-Dur Tab (2 full days & test day)
Constant-T (2 full days & test day)	Monoket	Theolair (2 full days & test day)
Corgard	Mudrane	Theolate
Coreg	Nadolol-generic for Corgard	Theophylline (off 2 full days and day of the test)
Coreg CR	Nicardipine	Tiazac
Corzide	Nicoderm	Tilazem
Covera	Nicodum	Tildiem
Deponit Patch	Nicorette Gum	Timolide tablets
Dilacor	Nicotrol Patch	Timolol-generic for Blocadren tablets
Dilatrate	Nifedipine-generic for Procardia	T-Phyl (2 full days & test day)
Diltiazem	Nitro-Bid	Toprol XL (2 full days & test day)
Dipyridamole-generic for Persantine	Nitro-patch	Trandate
DynaCirc	Nitro-Dur patch	Transderm
Elixophyllin	Nitroglycerin	Trasicor
Gyrocaps	Normodyne	Unidur
Habitrol	Normozide tablets	Uniphyl tab (2 full days & test day)
HCTZ & Propranolol-combination products for Inderide long-acting tablets/Inderide	Norvasc	Vascor
HCTZ & Labetalol (Hydrochlorothiazide)-combinat	Oxprenolol	Visken
	Pavabid	Verapamil
	Papaverine	Verelan
	Penbutolol-generic for Levatol	Ziac
	Persantine	Zebeta
	Pindolol-generic for Visken	
	Plendil	