

Cardiovascular Medicine P.C.
CARDIAC STRESS TEST
Patient Preparation Instructions

_____ Davenport Diagnostic Center
2nd Floor, Genesis Heart Institute
1236 East Rusholme
Davenport IA 52803
(563) 324-2992

_____ Moline Diagnostic Center
1st Floor, CVM Heart Center
350 John Deere Road
Moline IL 61265
(309) 743-6700

A stress test is a procedure in which you will walk on a treadmill while your electrocardiogram and blood pressure are being recorded. This test helps your doctor evaluate you by examining your heart's response to exercise.

If you need to reschedule your test please call 24 hours in advance.
Failure to follow these directions carefully may require the test to be rescheduled!
Please Read them carefully!

DATE: _____ **TIME:** _____

- 1) Do not eat, drink, or smoke for **4 hours** prior to your test. If you are diabetic please ask your doctor about fasting and taking your diabetic medications.
- 2) Bring a list of your current medications, or bring all of your bottles with you.
- 3) You will be walking on a treadmill so wear comfortable walking shoes and two-piece clothing.
- 4) Please see below regarding medications to be held for this test.
- 5) You should take your other medications before and after the test unless otherwise instructed.
- 6) Please allow about 1 hour for this procedure.

Your doctor may ask you to hold the following medications for the indicated number of doses prior to your test: # _____ Doses

_____ acebutolol (Sectral)
_____ atenolol (Tenormin)
_____ atenolol/chlorthalidone (Tenoretic)
_____ betaxolol (Kerlone)
_____ bisoprolol (Zebeta)
_____ bisoprolol/HCTZ (Ziac)
_____ carvedilol (Coreg)
_____ digoxin (Lanoxin)
_____ diltiazem (Cardizem, Tiazac)

_____ labetalol (Normodyne)
_____ metoprolol (Toprol, Lopressor)
_____ nadolol (Corgard)
_____ pindolol (Visken)
_____ propranolol (Inderal)
_____ propranolol/HCTZ (Inderide)
_____ sotalol (Betapace)
_____ timolol (Blocadren)
_____ verapamil (Calan, Isoptin, etc)
_____ Other _____