



Specialists in Prevention Diagnosis and Treatment of Adult Illness

CARDIAC TREADMILL INSTRUCTIONS

Your TREADMILL TEST is set for _____, here in our office.

We ask that your cooperation in the following areas to assure the test is performed safely and of the highest diagnostic quality possible.

- 1. Please eat a light meal one hour prior to your test, like oatmeal and an apple, or an egg and toast.**
- 2. We encourage you to have water at any time before, during and after the test.**
- 3. If you are a Diabetic and on Insulin or oral medication for this, please check with your doctor or nurse regarding adjusting your medication schedule.**
- 4. Please wear or bring tennis shoes or rubber-soled shoes, and comfortable loose fitting clothing to walk on the treadmill. Try to avoid wearing nylon jogging suits.**
- 5. DO NOT HAVE ANY DECAF, CAFFEINE, ALCOHOL OR TOBACCO PRODUCTS FOR 12 HOURS PRIOR TO THE TEST.**
- 6. IT IS IMPERATIVE YOU TAKE ALL YOUR PRESCRIPTION MEDICATIONS EXCEPT THE FOLLOWING:**

**** PLEASE DO NOT ANY BETA BLOCKERS 48 HOURS BEFORE THE TEST. ****

EXAMPLE Beta Blockers: Atenolol, Bisoprolol, Carvedilol, Coreg, Tenormin, Zebeta, Lopressor, Metoprolol, Toprol, Corgard, Inderal, or Propranolol, Bystolic, Toprol XL.

**** DIGOXIN, LANOXIN, OR ANY FORM OF DIGITALIS MUST ALSO BE HELD FOR 48 HOURS BEFORE THE TEST. ****

If you have any questions or concerns, please feel free to call our office at 303.798.9996.