

Instructions for Exercise Stress Testing/Exercise Stress Echocardiogram

1. Please do not eat or drink (except water) four hours before your scheduled test. **Diabetic Patients:** You can have a light meal before you present to your appointment. Call the office if you have any additional questions.
2. Please wear sneakers or rubber sole shoes.
3. Please wear comfortable clothing which allow for exercise.
4. Please do not apply any skin creams, lotions or powders to your chest area on the day of your test.
5. Please do not take your Beta Blocker or Calcium Channel Blocker the day before or the day of your test.

Beta Blockers include:

- Lopressor, Toprol-XL (metoprolol)
- Coreg (carvedilol)
- Tenormin (atenolol)
- Normodyne, Trandate (labetalol)
- Inderal (propranolol)
- Zebeta (bisoprolol)

Calcium Channel Blockers include:

- Cardizem (diltiazem)
- Verapamil

Note: If you are unable to walk quickly on a treadmill (i.e., you use a cane), please call the office to ensure you can proceed with the test.