

Cardiolite Treadmill Stress Test

Please be advised that if you are having your procedure performed at the hospital there is the chance that an emergency may arise and your doctor may not be able to start your procedure at its originally scheduled time.

INSTRUCTIONS FOR TREADMILL:

1. Nothing to eat or drink, except water, for four(4) hours prior to the test.
2. **NO CAFFEINE FOR 24 HOURS** prior to the test. Examples: tea, coffee, pop, Anacin, Excedrin, and chocolate products. Other products/medications may contain caffeine, if in doubt, read the labels or call your pharmacist.
3. No smoking.
4. Plan 3½ - 4 hours for your test.
5. If you wear a NITRO-PATCH, do not put one on the morning of the test.
6. If you are diabetic see specific insulin instructions below.
7. Wear a comfortable 2 piece outfit and comfortable walking shoes.
8. Do not take **beta blockers** (see list below) on the day before the test and the day of the test.

BETA BLOCKERS

Acebutolol, Atenolol, Beta-chron, Betapace, Betaxolol, Bisoprolol, Blocadren, Carteolol, Cartrol, Carvedilol, Coreg, Corgard, Corzide, Dectral, Fumarate, Inderal, Inderal LA, Inderide, Kerlone, Labetolol, Levatolol, Lopressor, Lopressor HCT, Metoprolol, Metoprolol XL, Nadolol, Normodyne, Penbutolol, Pindolol, Propanolol, Propanolol LA, Sectral, Sotalol, Tenoretic, Tenormin, Timolide, Timolol, Toprol XL, Trandate, Visken, Zebeta, Ziac

INSULIN PRODUCTS

EARLY AM APPOINTMENTS:

Oral, Regular, Humulin R or Humulin BR:

Do not take the morning of the test, but bring dose with you to the test.

Any other insulin, take ½ the dosage and bring the rest with you to the test.

11:00 AM AND LATER APPOINTMENTS

Eat breakfast 4 hours prior to appointment time and take a.m. diabetic meds as usual.

If you have questions, please call us at 915-2424.