

**TREADMILL STRESS TEST
Or
PROARRHYTHMIA TREADMILL STRESS TEST**

DEAR: _____

This is a letter to remind you of your scheduled appointment for:

(test/date/day/time)

Please check in at:

| | | |
|---|--|--|
| () MN Heart Clinic Suite W300 952-836-3770 | () Fairview Southdale Hospital Crosstown Lobby 952-924-1450 | () Fairview Ridges Hospital Cardiopulmonary Dept 952-892-2140 |
|---|--|--|

Please complete the attached medication form and bring with you to your appointment.

INSTRUCTIONS FOR TREADMILL:

1. No coffee, tea, pop, or caffeine the day of the test.
2. You may eat lightly up to two (2) hours prior to the test.
3. No smoking.
4. Bring or wear a comfortable two (2) piece outfit and comfortable walking shoes.
5. Plan 60-90 minutes for your test.
6. Do not take **Beta Blockers (see list below):**
on _____ (day before stress test) and _____ (day of stress test).
7. If you wear a NITRO-PATCH, do not put one on the morning of the test.
8. Take all other medications as usual.

BETA BLOCKERS

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

INSTRUCTIONS FOR PROARRHYTHMIA TREADMILL:

1. No coffee, tea, pop, or caffeine the day of the test.
2. You may eat lightly up to two (2) hours prior to the test.
3. No smoking.
4. Bring or wear a comfortable two (2) piece outfit and comfortable walking shoes.
5. Plan 60-90 minutes for your test.
6. Take all medications as usual.

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.

This imaging test is billed as an outpatient hospital procedure. For Fairview pricing, please call 612-672-1048 or contact your insurance company for further information. You will be responsible for charges not covered by your insurance.

If you have no insurance and are self-paying, please call 952-924-8440.

