



Complete Cardiology Care

Board Certified Cardiology & Eletrophysiology

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Treadmill Stress Test

Instructions

1. Do Not take your Beta Blocker

(The night before the test & the morning of the test)

- Acebutolol (Sectral)
- Atenolol (Tenormin)
- Bisoprolol (Zebeta)
- Metoprolol) Lopressor, Toprol XL)
- Nadolol (Corgard)
- Nebivolol (Bystolic)
- Propranolol (Inderal, InnoPran XL)
- Carvedilol (Coreg)

2.No caffeine 12 hours prior, including decaf.

3.No Chocolate 12 hours prior.

4.Nothing to eat 4 hours prior.

5.Wear something comfortable.

6.Wear tennis shoes

-NO FLIPFLOPS/SANDALS/HEELS