



## General Stress Test

**You are scheduled for the following test - Please read all instructions carefully:**

**General Stress test:** Your blood pressure, heart rate and EKG will be recorded while walking on a treadmill. The average amount of time spent on the treadmill is approximately 6-9 minutes.

**Test Time:**

Please allow approximately 45 minutes for the entire General Stress Test. Late arrival may result in the rescheduling of the test.

**Preparations prior to exercise stress tests:**

To provide very good care, please do not use body lotions or oils, on the chest area, the day of the test.

For respect of your safety, closed toe/closed heel walking shoes and a comfortable two-piece outfit is recommended. Please, **no** dresses.

For respect of your privacy, family members will be asked to remain in the waiting room. If you bring your children, you must bring someone to supervise them, in the waiting room, while your test is performed.

**Medication Instructions:**

**Hold** your beta blocker \_\_\_\_\_ for 24 hours prior to your appointment and take all other medication as prescribed.

**Beta Blocker list**

<b>**Please do not stop taking Sotalol/Betapace**</b>						
Acebutolol	Bystolic	Inderal LA	Lopressor/HTZ	Normodyne	Sotalol	Zebeta
Atenolol	Carteolol	Inderide	Metoprolol	Penbutolol	Sotalol HCL	Ziac
Atenolol/chlorthalidone	Cartrol	Inderide LA	Metoprolol Tartrate/HTZ	Pindolol	Tenoretic	
Betapace	Carvedilol	InnoPran XL	Metoprolol/HTZ	Propranolol HCL	Tenormin	
Betapace AF	Coreg	Kerlone	Nadolol	Propranolol hydrochloride	Toprol	
Bisoprolol	Corgard	Labetalol	Nadolol/bendroflumethiazide	Propranolol/HTZ	Toprol XL	
Bisoprolol/fumurate	Corzide	Levatol	Nebivolol	Propranolol	Trandate	
Bisoprolol/HTZ	Esmolol	Lopressor	Nebivolol HCL	Sectral	Trandate HCL	
Brevibloc	Inderal	Lopressor HCT	Nebivolol Hydrochloride	Sorine	Visken	

**\*\*Please NOTE: Failure to cancel testing appointments within 24 hours (1 Full day, Mon-Fri) of your appointment will result in a \$50.00 charge added to your account\*\***