

INSTRUCTIONS FOR EXERCISE TREADMILL TEST
PARTICIPANTS

1. This test will take about one hour. Wear loose-fitting clothes and comfortable shoes that are appropriate for exercise.
2. Do not eat or drink anything after midnight the night before the test.
3. Take medications as prescribed, except: Lopressor, Metoprolol, Toprol, Bystolic, Atenolol, Coreg, Carvedilol, and/or Lebetalol for 24 hours.
4. Please bring all medications in their bottles with you to your appointment, especially inhalers.
5. Please keep in mind the clinic's temperature stays at or about seventy degrees, so you may need to bring a jacket or sweater to ensure you are comfortable.
6. (*Male Patients Only*) If you do not want a dry shave, you may shave yourself before the stress test. A proper shave includes all of the area that is shaded below:

