

Exercise Treadmill Stress Test

Alpharetta Internal Medicine
1380 Upper Hembree Road
Roswell, GA 30076
770) 475- 2377

Dr. Jason Holbrook Dr. Margaret Still

Date and Time: _____

Instructions: Please eat a light breakfast before 8:00 AM **DO NOT** use any lotions , creams, powders, or Dove Moisturizing soap on your arms, legs, or chest. Please wear comfortable clothing and walking / running shoes (sneakers).

Ladies : Please **DO NOT** wear underwire bras.

If you are on any of the following medications, PLEASE DO NOT take them 24 hours prior to your scheduled test.

Beta blockers

Acebutelol – Sectral
Atenolol – Tenormin , Tenoretic
Betaxolol – Kerlone
Bisoprolol – Ziac, Zebeta
Bystolic
Careolol
Carvedilol – Coreg
Labetolol – Normadyne, Trandate
Metoprolol – Toprol, Lopressor
Nadolol – Corgard
Oxprenolol
Penbutolol – Levatol
Pindolol
Propranolol – Inderal, Inderide, Innoproan
Sotalol
Timolol – Blocadren , Timolide

Calcium Channel Blockers

Diltiazem – Cardizem, Dilacor, Trianax
Verapamil – Calain, Covera, Isoptin,
Verelan, Tarka