WyoHeart
Leaders in Cardiology Since 1978

Cardiac Exercise Stress Test Instructions

This test gives information on your heart's tolerance and response to exercise. This includes a walk on an incline treadmill with a continuous electrocardiogram. **Plan to be here for approximately 1 hour.**

FOLLOW THESE INSTRUCTIONS CAREFULLY OR YOUR TEST MAY BE RESCHEDULED

- Nothing to eat or drink 4-6 hours prior to the test
- Do not take your beta blocker the day before and the day of your test (24 hours)
    - Atenolol, Metoprolol, Carvedilol, Labetalol, Propranolol, Lopressor, Toprol-XL, Sotalol
- Do not take your calcium channel blocker the day before and the day of your test (24 hours)
    - Amlodipine, Diltiazem, Felodipine, Isradipine, Nicardipine, Nifedipine, Nisoldipine
- Wear comfortable clothes and shoes
- Please do not wear any creams or lotions the day of the test

Date of Test _____

Time of Test _____

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