



Treadmill Stress Test Instructions - BH

MRN#

DOB:

Patient Name:

Date:

Provider:

Appointment Date: _____

Arrival Time: _____

Patient Name: _____

Your doctor has ordered a Treadmill Stress Test. The test will be performed at One Diamond Hill Road, Berkeley Heights, NJ. Please go to the Cardiology Department on the **second floor** of the **Bensley Pavilion**.

After you arrive, electrodes will be applied to your chest wall and you will be connected to an EKG machine. You will then start walking on a treadmill. The speed and incline of the treadmill will increase every 3 minutes. The amount of time that you exercise on the treadmill will depend on your level of fatigue, symptoms, heart rate, and EKG findings. On average, most people exercise for about 6-9 minutes on the treadmill. Your blood pressure, heart rate, and EKG will be monitored throughout the test. You will also be monitored for several minutes after you stop exercising. **Please plan on being in the Cardiology Department for about 1 hour.**

- Unless otherwise advised by your doctor, please take all of your medicines (except the ones listed below)
- Please do not eat any solid foods for 4 hours before the test. You may have clear liquids.
- Please do not use any body lotion or body oils on the day of the test.
- Please wear comfortable pants and walking shoes. A gown will be provided for you to use.
- You may bring a portable music player with headphones and/or reading materials for you to use while you wait.
- **Do not** take any of the following medications for **12** hours before the test – unless otherwise advised by your doctor: Coreg (carvedilol), Inderal (propranolol), Kerlon (betaxolol), Lopressor (metoprolol tartrate), and Sectral (acebutolol).
- **Do not** take any of the following medications for **24** hours before the test – unless otherwise advised by your doctor: Bystolic (nebivolol), Coreg CR (carvedilol CR), Corgard (nadolol), Tenormin (atenolol), Toprol XL (metoprolol succinate), and Inderal LA (propranolol LA).
- **Do not** take any of the following medications for **48** hours before the test – unless otherwise advised by your doctor: Viagra or Revatio (sildenafil), Levitra or Staxyn (vardenafil), Cialis or Adcirca (tadalafil), and Stendra (avanafil).

If for any reason you are unable to keep your appointment, please contact our office as soon as possible. After hours, you may leave a voice mail message at 908-277-8716.