



2149 E. Baseline Rd, Tempe, AZ 85283  
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## TREADMILL STRESS TEST

Patient Name: \_\_\_\_\_

You are scheduled for the following test on: \_\_\_\_\_ Check in time: \_\_\_\_\_

**\*\*\*\*\*ALL TESTING IS DONE AT OUR TEMPE LOCATION\*\*\*\*\***

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### Preparations for your test:

- Please eat a light, low fat meal 2 hours prior to test.
- Please increase your water intake 2 days prior to test.
- Allow 30 minutes to 1 hour for testing.
- Please wear closed toed shoes and comfortable clothing for exercise

Please stop the following medications 24 hours prior:

- Cardizem
- Diltiazem
- Verapamil

Please stop the following medications 48 hours prior:

- Atenolol
- Betapace
- Bystolic
- Carvedilol
- Inderal
- Labetalol
- Metoprolol
- Nadolol
- Propranolol
- Sotalolol
- Tenormin

**\*\*\*Any medications not listed can be taken as normal the day of your test.\*\*\***

Your appointment for results is scheduled on \_\_\_\_\_ at \_\_\_\_\_

I acknowledge that I have received and understand these instructions.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date