

Treadmill Stress Test Instructions

Ladies: Please wear a bra or sports bra and shoes that have a back-Tennis shoes are preferred. **NO FLIP FLOPS OR SANDALS/CLOGS.** Please do not wear lotion or any type of oil on your skin.

Men: Please wear tennis shoes. NO FLIP FLOPS. If you have hair on your chest, we will have to shave you. Please know this will be a dry shave, so if you have sensitive skin, we advise you to do so yourself before the appointment.

*****FOR ALL PATIENTS*****

If you are having a regular treadmill stress test, **DO NOT TAKE THE FOLLOWING MEDICATIONS PRIOR TO YOUR STRESS TEST:**

Coreg (Carvedilol) or Coreg CR, Toprol XL (Metoprolol Succinate ER), Metoprolol Tartrate (Lopressor), Atenolol (Tenormin), Propranolol (Inderal), Nadalol, Bystolic, Diltiazem (Cardizem, Taztia), Bisoprolol, Acebuto, or Labetolol.

If your stress test is to clear you for Cardiac Rehab, please follow the same rules EXCEPT take all medications as prescribed. This is simply a test to make sure you can start cardiac rehab.

If you are sick, feel dizzy, or having chest pain, please inform us when you check in or call to let us know prior to your appointment.....Office # is (903) 201-6000.

Below are the areas where the electrodes will be placed:

