



ASN Cardiology
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Treadmill Test Preparation Instructions

Please plan to be here for at least 1 hour and follow the instructions below.

- **DO NOT** eat or drink during the 3 hours before your test appointment time.
- **Avoid** caffeinated and decaffeinated items such as soda, coffee, chocolate, or tea after midnight prior to the day of the test.
- **Do not** smoke after midnight the day of the test.
- *If you are diabetic, do not take your diabetic medication the morning of the test and make sure to bring it with you.*
- **Wear** comfortable clothing (non-metal button up shirt) & shoes for walking on the treadmill (please no metal under wire bras or dresses).
- **Bring** water and/or a snack if you would like for after the test.
- **DO NOT** take any of the following medications listed below after midnight prior to the day of the exam, **BUT BRING THEM WITH YOU** on the day of your exam and we will let you when you can take them.
- You may take all of your other medications besides the ones (if any) that are listed below as regularly scheduled.
- **48 HOUR CANCELLATION POLICY:** If you need to cancel your exam appointment, it has to be 48 hours prior to the day of your exam.

I HAVE READ AND UNDERSTAND THE ABOVE INSTRUCTIONS.

Patient's Name

Phone (Home, Work, Cell, Other)

Patient's Signature

Date

DO NOT TAKE THESE MEDICATIONS

- Acebutolol
- Atenolol
- Betapace
- Betaxolol
- Betoptic eye drops
- Bisoprolol
- Blocadren
- Bystolic
- Calan
- Cardizem CD/SR
- Cartrol
- Carvedilol
- Cialis
- Coreg
- Digoxin
- Dilacor
- Diltiazem CD/SR
- Disopyramide
- Felodipine
- Glipizide
- Glyburide
- Janumet
- Januvia
- Inderal
- Inderide
- Insulin
- Imdur
- Isosorbide
- Isoptin SR
- Kerlone
- Labetalol
- Levatol
- Levetiracetam
- Lopressor
- Metformin
- Metoprolol
- Nebivolol
- Normodyne
- Norpace
- Penbutolol
- Pindolol
- Plendil ER
- Propranolol
- Sectral
- Sotalol
- Tenoretic
- Tenormin
- Timolide
- Timoptic eye drops
- Toprol XL
- Trandate
- Verapamil SR
- Viagra
- Vigormax
- Visken
- Zebeta
- Ziac

AND ALL OTHER DIABETES MEDICATIONS