

Northside Cardiology

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EXERCISE TREADMILL STRESS TEST

■ Exercise Treadmill tests take approximately 45m – 1 hour. It is very important that if you are unable to make this appointment, you call Northside Cardiology at 404-256-2525 at least 48 hours prior.

■ Your SCHEDULED ARRIVAL TIME is _____ for test preparation. *Important:* you are expected to arrive 30 minutes prior to your scheduled test time. If you are more 15 minutes late from your arrival time, please understand that we may have to reschedule your test.

■ Your SCHEDULED TESTING TIME IS _____.

TREADMILL STRESS TEST PREPARATION

- 1) Do not smoke, eat or drink for 4 hours prior to the test, except for small sips of water. Do not eat or drink anything containing caffeine the day of the test.
- 2) Bring or wear comfortable shoes and clothes (exercise type-shorts, shoes, T-shirts, etc.) for your test.
- 3) Chest shaving may be done to remove any hair that might interfere with testing; abrasion with a rough material along with analcohol wash is also involved.
- 4) **Certain medications can interfere with adequate exercise and must be held for 48 hours prior to the test.** Please consult the list on the following page if you are on Beta-Blockers, Calcium Channel Blockers, Glaucoma eye drops or Arrhythmia medications.
 - If you are not sure about stopping a medication, please call our Nurses Line at 404-256-2525. Occasionally your doctor may ask you to stay on your medications for the test.
 - **If you are Diabetic** and taking Insulin or Diabetic medication, hold your medicines for morning testing. If your test is in the afternoon, make sure you consult with the cardiologist regarding your insulin or medication.
- 5) Please bring a list of your current medications with you.
- 6) Do not wear lotion or baby oil the day of your test.
- 7) Your test will last approximately 45-60 minutes.

THE EXERCISE TEST (ETT)

The exercise treadmill test is done while you walk on a treadmill. During the test, an electrocardiogram (EKG) records the electrical activity of your heart. There are many different treadmill protocols available. We will be using the Bruce protocol. This is the standard protocol used in cardiology practice to evaluate the heart and its response to exercise. The test has many stages, each of which are 3 minutes in duration, with each advancing stage, the speed and degree of incline increases, causing your heart rate, respiratory rate, and systolic blood pressure to rise. In general, exercise testing is very safe, but because all tests, by nature, carry a small risk, the test will be supervised and interpreted by a cardiologist. If you develop chest pain or shortness of breath during the test, please let the technician know.

YOUR RESULTS WILL NOT BE AVAILABLE ON THE DAY OF YOU TEST

Test results are mailed or faxed to your referring physician within 48 hours of interpretation by our cardiologist. A follow-up appointment with the physician who ordered the test should be scheduled in 1 to 2 weeks.

ANTI-ARRHYTHMIC MEDICATIONS

<i>Generic Name</i>	<i>Brand Name</i>
Amiodarone	Cordarone, Pacerone
Disopyramide	Norpace
Flecainide	Tambaccor
Propafenone	Rythmol
Procainamide	Pronestyl
Quinidine	Quinidine, Quinaglute
Sotalol	Betapace

BETA BLOCKERS

<i>Generic Name</i>	<i>Brand Name</i>
Acebutolol	Sectral
Atenolol	Tenormin
Betaxolol	Hydrochloride Kerlone
Bisoprolol	Zebeta, Ziac
Carteolol	Cartrol
Carvedilol	Coreg
Labetolol Hydrochloride	Trandate, Normodyne
Nadolol	Corgard
Metoprolol	Apo-Metrolol, Betaloc, Lopressor, Toprol (XL)
Oxprenolol Hydrochloride	Trasicor
Penbutilol Sulfate	Levatol
Pindolol	Visken
Propranolol	Apo-Propranolol, Detensol, Inderal, Navopranol
Timolol Maleate	Blocadren

OCULAR (eye) PRODUCTS CONTAINING BETA BLOCKERS

<i>Generic Name</i>	<i>Brand Name</i>
Betaxolol Hydrochloride	Betopic Ophthalmic, Betopic S Ophthalmic
Levo-Bunolol	Betagan
Timoptic	Timolol

COMBINATION PRODUCTS CONTAINING BETA BLOCKERS

<i>Generic Name</i>	<i>Brand Name</i>
Atenolol Chlorthalidone	Tenoretic
Labetalol Hydrochloride & Ahydrochlorothiazid	Normozide
Metoprolol Hydrochlorothiazide	Cobetaloc
Nadolol Bendroflumethiazide	Corzide
Pindolol Hydrochlorothiazide	Viskazide
Propranolol Hydrochlorothiazide	Inderide
Timolol Hydrochlorothiazide	Timolide

CALCIUM CHANNEL BLOCKERS OR COMBINATION PRODUCTS

<i>Generic Name</i>	<i>Brand Name</i>
Diltiazem	Ditia XL, Tiazac, Cardizem, Dilacor
Verapamil	Isoptin Chronovera, Calan