

OLNEY MEDICAL GROUP
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EXERCISE TREADMILL STRESS TEST INSTRUCTIONS:

1. **WEAR COMFORTABLE SNEAKER** SUITABLE FOR WALKING AND LOOSE-FITTING CLOTHES.
 - a. NOTE: FEMALE PATIENT, PLEASE DO **NOT WEAR GIRDLE OR UNDER WIRE BRA.**
 - b. MALE PATIENT: PLEASE SHAVE YOUR CHEST HAIR (TOP PORTION AND THE LEFT SIDE) BEFORE COMING FOR THE PROCEDURE.

2. **NO ALCOHOL, TOBACCO AND CAFFEINE** (INCLUDING CHOCOLATE, SODA, TEA, AND COFFEE), FROM THE MIDNIGHT ONWARDS.

3. MEDICATIONS MAY BE CONTINUED ON A REGULAR BASIS EXCEPT FOR
 - a. **BETA-BLOCKERS**
 - i. LEPRESSOR
 - ii. METOPROLOL- TOPROL
 - iii. CARVIDELOL- COREG
 - iv. ATENOLOL- TENORMIN
 - v. PROPANOLOL-INDERAL
 - vi. CARDIZEM
 - vii. DILTIAZEM
 - viii. VERAPAMIL
 - ix. CLONIDINE
 - x. CARDURA-DOXAZOSIN
 - xi. BISOPROLOL
 - xii. LABETALOL

 - b. DO NOT TAKE THESE MEDICATIONS THE DAY BEFORE AND THE DAY OF THE PROCEDURE.

4. YOU MAY HAVE A **LIGHT MEAL** APPROXIMATELY TWO HOURS PRIOR TO THE TEST. (E.G: JUICE, CEREAL, BUT NON-CAFFEINE)

5. DO NOT APPLY **LOTION, BODY OIL, OR MOISTURIZER.**

6. THE TEST WILL TAKE APPROXIMATELY **1 HOUR**, PLEASE ALLOW YOURSELF ENOUGH TIME.
7. IF ANY, PLEASE BRING YOUR Highblood Pressure Medications.