



Exercise Treadmill Test Preparation: Stress Echo or Stress EKG

1. Wear sneakers!
2. Do not eat two hours before test.
3. **MEDICATIONS TO HOLD 36 HOURS PRIOR TO TEST**: this is a must or test will likely have to be cancelled.

Diltiazem (Cardizem, Cartia, Dilacor, Diltia, Matzim, Taztia, Tiazac)

Verapamil (Calan, Covera, Isoptin, Verelan)

Atenolol (Tenormin)

Bisoprolol (Zebeta)

Carvedilol (Coreg)

Esmolol (Brevibloc)

Nebivolol (Bystolic)

Labetalol (Trandate, Normodyne)

Metoprolol (Lopressor, Toprol)

Nadolol (Corgard)

Propranolol (Inderal)

Sotalol (Betapace)