

MEDICAL ASSOCIATES OF NORTH GEORGIA

REGULAR STRESS TEST INSTRUCTIONS

Your physician has ordered a regular stress test to evaluate your heart's response to exercise.

Preparation for the Test

Please follow the instructions below so your test is not rescheduled:

- Do not eat or drink anything after midnight **the day before your test.**
- Take your seizure medications **the morning of the test.** **DO NOT** take any other medications **the morning of your test**
- Wear comfortable shoes and clothes for walking on the treadmill.
- Do not wear bib overalls or suspenders.
- Do not use lotions or oils on your skin the morning of your test.
- **Do not** take any Beta Blockers and/or Calcium Channel Blockers **THE DAY BEFORE AND THE MORNING OF YOUR TEST.**

These medications are listed below:

<u>Hold Beta Blockers</u>	<u>Hold Calcium Channel Blockers</u>	<u>Hold Nitrates</u>
Coreg/Carvedilol	Lotrel	Imdur/Isosorbide mononitrate
Inderal/Propranolol	Adalat/Nifedipine	Ismo/Isosorbide mononitrate
Normodyne/Labetalol	Covera/Verapamil	Isordil/Isosorbide mononitrate
Tenormin/Atenolol	Dilacor/Diltiazem	Nitropatch
Zebeta/Bisoprolol	Plendil/Felodipine	
Corgard/Nadolol	Calan/Verapamil HCL	
Lopressor/Metoprolol	Cardizem/Diltiazem	
Toprol/Metoprolol	Dynacirc/Isradipine	
Ziac/Bisoprolol HCTZ	Procardia/Nifedipine	
Tarka	Tiazac/Diltiazem	
	Norvasc/Amlodipine/Exforge	

- Pulmonary Patients bring your inhalers.
 - Diabetics: bring your medicines and a snack. (In case they are needed)
 - If you have any questions, please call: 770-479-5535, ext. 222.
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