

## Public Safety Health and Wellness



### Patient Preparation for Exercise Testing

The following guidelines should be used to make your exercise stress test a safe and comfortable experience.

1. Limit any meals less than 4 hours before the test. You may drink clear liquids in small amounts.
2. No caffeine or smoking less than 4 hours before the test.
3. Wear loose comfortable clothing for exercise, preferably shorts and athletic shoes. Women should wear a sports bra if possible, most of the time regular bras cannot be worn.
4. Please do not take Beta Blocker or Calcium Channel Blocker medications the day of the test.

We want you to know that although exercise testing stresses the heart, it is a relatively safe procedure. With our modern medical monitoring, clinical experience and trained personnel we are able to keep the risks to a minimum (less than 1 complication per 10,000 exercise tests). If you have any questions or comments, feel free to ask questions before the test starts.

Exercise Stress Testing is not perfect but a recognized non-invasive test that can help stratify exercise tolerance and cardiac disease. Every effort has been taken to prevent any problems during testing.

Examples of: (this is not a complete list)

#### Beta Blockers

Atenolol (Tenormin)  
Betaxolol (Kerlone)  
Bisoprolol (Zebeta)  
Carvedilol (Coreg)  
Esmolol (Brevibloc)  
Labetalol (Normodyne)  
Metoprolol (Lopressor)  
Nadolol (Corgard)  
Pindolol (Visken)  
Propranolol (Inderal)  
Sotalol (Betapace)  
Timolol (Blocadren)

#### Calcium Channel Blockers

Amlodipine (Norvasc)  
Bepridil (Vascor)  
Diltiazem (Cardizem)  
Felodipine (Plendil)  
Isradipine (Dynacirc)  
Nicardipine (Cardene)  
Nifedipine (Procardia)  
Nisoldipine (Sular)  
Verapamil (Isoptin)

(11/06)