



SUMMIT
MEDICAL
GROUP

Stress Test Instructions

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Dear _____ :

You have been scheduled for a **Treadmill Stress test** on _____ at _____. The test will be performed at One Diamond Hill Road, Berkeley Heights. Second Floor of the Bensley Pavilion.

A treadmill stress test is used for the evaluation of patients with suspected or known coronary artery disease. You will be asked to walk on a motor-driven treadmill while your heart rate, EKG and blood pressure are being monitored. The treadmill speed starts very slowly, and is gradually increased. You are monitored for several minutes after exercise, and then the results will be discussed with you.

- **You should expect to be here for approximately two hours.**
- Please prepare by eating light breakfast or lunch, and then **DO NOT** eat anything for **ONE HOUR** prior to your appointment. Please avoid caffeine-containing products on the day of the study.
- Take all of your medicines (except the beta-blockers listed below) as regularly prescribed up until the time of the procedure unless otherwise advised by your cardiologist.
- Please do not use any body lotion or body oils.
- Wear comfortable pants and sneakers or good walking shoes. A gown will be provided for you.
- You may bring an ipod with headphones, reading materials and a lite snack.

Do not take any of the following medications for **12** hours before the test.

COREG (CARVEDILOL), INDERAL (PROPANOLOL), KERLONE (BETAXOLOL), LOPRESSOR (METOPROLOL), SECTRAL (ACEBUTOLOL) (Unless otherwise advised by your Cardiologist)

Do not take any of the following medications for **24** hours before the test.

CORGARD (NADOLOL), TENORMIN (ATENOLOL), TOPROL XL (METOPROLOL ER), INDERAL LA (PROPRANALOL) (Unless otherwise advised by your Cardiologist)

We look forward to seeing you at the scheduled time. ***If for any reason you will be unable to keep your appointment, please contact our office as soon as possible.*** After hours, you may leave a message on voice mail at 908-277-8716.

Thank you,

Cardiology Department