



# Cardiovascular Consultants, Inc.

## Exercise (Treadmill) and Pharmacologic Testing Instructions

If you are scheduled for an exercise treadmill test, stress echo or a stress myoview, please follow the information outlined below. If you have questions, do not hesitate to call your physician's assistant.

Exercise testing may entail walking on a treadmill, or if this cannot be adequately performed, can be undertaken pharmacologically instead. Pharmacologic agents that we use include adenosine, Lexiscan, and dobutamine.

- Do not eat any food four (4) hours prior to the test. We do not want you exercising with a full stomach.
- No caffeine 24 hrs prior to the test. This includes:
  - Coffee or tea that is brewed, instant, iced or decaffeinated
  - Colas or other soft drinks with caffeine, including those labeled "caffeine free"
  - Chocolates, including candies, frosting, cookies, pies, cocoa and chocolate milk
  - Aspirin products that contain caffeine, such as Anacin and Excedrin

MEDICATIONS: Some medications may interfere with the exam.

- The following medications should not be taken 48 hours prior to administration of Adenosine:
  - Persantine and Aggrenox (dipyridamole)
  - Theophylline- or theophylline-containing products such as Constant-T, Primatene, Quibron, Slo-Phylline, or Theo-Dur
- Prior to treadmill exercising, you should not take any of the following medications for the 48 hours before your test.

Acebutolol	Carvedilol	Labetalol	Propranolol	Verapamil
Atenolol	Diltiazem	Metoprolol	Sectral	Visken
Betaxolol	Dipyridamol	Normodyne	Tenormin	Ziac
Bisoprolol	Inderal	Nadolol	Theo-Dur	
Coreg	Kerlone	Persantine	Theophylline	
Corgard	Lopressor	Pindolol	Toprol XL	

- Take your other medication(s) on your regular schedule. If you have any other concerns, please check with your physician's assistant.
- If you are taking insulin for diabetes, please consult your physician about any adjustments in dosage.
- Wear a comfortable, two-piece outfit and soft-soled shoes. No dresses, please.
- You are encouraged to drink water to keep you hydrated.