

**PREMIER CARDIOLOGY**  
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**TREADMILL INSTRUCTIONS**

1. **NO FOOD TWO HOURS PRIOR TO THE TEST**
2. **NO CAFFEINE THE DAY OF THE TEST. (COFFEE, TEA, COLA, DECAFFEINATED DRINKS, CHOCOLATE, ANACIN, EXCEDRIN, ETC)**
3. **NO SMOKING TWO HOURS PRIOR TO THE TEST**
4. **NO ALCOHOL 48 HOURS PRIOR TO THE TEST**
5. **DISCONTINUE THE FOLLOWING BETA BLOCKERS 48 HOURS PRIOR TO TEST:**

ATENOLOL / ATENOLOL HCT  
BETAPACE  
BETAXOLOL  
BISOPROLOL / BISOPROLOL HCT  
BLOCADREN  
CARTOL/ CARTOLOL  
CARVEDILOL  
COREG  
CORGARD  
CORZIDE  
INDERAL  
KERLONE  
LABETOLOL  
LEVATOL  
LOPRESSOR  
METOPROLOL  
NADOLOL / NADOLOL HCT  
NORMODYNE

PENBUTOLOL  
PINDOLOL  
PROPRANOLOL  
SECTRAL  
SOTALOL  
TENORMIN / TENORECTIC HCT  
TIMOLIDE  
TIMOLOL / TIMOLOL HCT  
TOPROL / TOPROL XL  
TRANDATE  
VISKEN  
ZEBETA  
ZIAC  
BYSTOLIC

6. **NO BODY LOTION OR BODY OIL ON THE DAY OF THE TEST. ALCOHOLWIPES AND SHAVING OF CHEST HAIR MIGHT BE USED TO PREPARE YOUR SKIN FOR THE TEST.**
7. **WEAR COMFORTABLE CLOTHING AND TENNIS SHOES WITH NON-SKID SOLES**

**TEST DATE:** \_\_\_\_\_ **TEST TIME:** \_\_\_\_\_