

**Exam: Exercise Tolerance Test (Treadmill)**

Please follow the preparation guidelines below for accurate test results. Not following these guidelines may result in the rescheduling of your test and a delay of results. **Note: diabetic patients are not to change their normal routine, but do not take beta blocker medication, consume nicotine or drink caffeinated or decaffeinated beverages 24 hours prior to your test.**

- Do not eat or drink after 12:01 a.m. (just after midnight) the day of your test (water is allowed).
- Stop taking all beta blocker medication (listed below) for 24 hours prior to your test.

<i>Drug Name</i>	<i>Generic Name</i>	<i>Drug Name</i>	<i>Generic Name</i>
Blocadren	timolol	Levatol	penbutolol
Brevibloc	esmolol	Lopressor	metoprolol
Bystolic	nebivolol	Lopressor-LA	metoprolol
Cartol	carteolol	Normodyne or Trandate	labetalol
Coreg	carvedilol	Sectral	acebutolol
Corgard	nadolol	Tenormin	atenolol
Inderal	propranolol	Toprol-XL	metoprolol
Inderal-LA	propranolol	Visken	pindolol
Kerlone	betaxolol	Zebeta	bisoprolol

**Note: You may bring any medication you have withheld for this test with you and take them as soon as the procedure is completed.**

- **DO NOT** consume nicotine (nicotine patches, cigarettes, cigars, pipes, smokeless tobacco) for 24 hours prior to your test.
- **DO NOT** drink caffeinated or decaffeinated beverages 24 hours prior to your test.
- Wear comfortable shoes and clothes.
- Bring a list of your current medications.
- Arrive 20 minutes prior to your appointment time.
- **Please call St. John Cardiovascular Imaging (CVI) at (918) 744-2828 with any questions.**