



The Oregon Clinic, Cardiology
19260 SW 65th Ave, Suite 420
Tualatin, OR 97062
503-692-0405

Standard Treadmill Test

PREPARING FOR YOUR TREADMILL TEST OR STRESS ECHOCARDIOGRAM

- **Do not** eat or drink anything other than water for 2 to 4 hours prior to testing.

** If you are diabetic, a small snack is OK to be eaten prior to study.

- **STOP** beta blockers 24 hrs (e.g. Atenolol, Betapace, Bisoprolol, Carvedilol, Coreg, Labetolol, Lopressor, Metoprolol, Propranolol, Tenormin, Toprol, Sotalol, Zebeta, Ziac) prior to your appointment unless otherwise instructed.

** If you do not know if you were instructed to hold this medication or are not sure if you are taking a beta blocker, please call the clinic before testing.

- Avoid strenuous activity the day of your test.
- Avoid smoking 24 hours before test.
- Wear loose, comfortable clothing and appropriate footwear for exercise. **Do not** wear sandals, heels, or backless shoes; we will reschedule your test or provide you with appropriate socks for walking on the treadmill.

If you have any further questions, please give me a call at **(503) 692-0405**

Thank you,
Debra G - Cardiology Scheduler