Unify Men's Health Clinic info@unifymenshealth.com

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Exercise Stress Test/Stress Echocardiography Information

You will be asked to walk on the treadmill for approximately 5 to 12 minutes while your heart rate, heart rhythm, and blood pressure are being monitored. The speed and incline of the treadmill will increase every 3 minutes. You will then be monitored for at least 5 minutes after exercise. The entire appointment ranges from 45 minutes for a basic stress test, to 1.5 hours for a stress echocardiogram.

Preparing for the test

- Certain medications that are meant to keep your heart rate lower need to be stopped prior to testing
- Please hold these medications for 24 hours prior to the test **unless instructed otherwise by a physician**
- If you are unsure if you need to hold the medication, please contact your doctor

Medications to hold for 24 hours

- ☐ Beta Blockers
  - ☐ Bisoprolol
  - ☐ Metoprolol (Lopressor)
  - ☐ Carvedilol
  - ☐ Atenolol
  - ☐ Labetalol
  - ☐ Propranolol
  - ☐ Other medication ending in -lol
- ☐ Certain Calcium Channel Blockers
  - ☐ Diltiazem (Cardizem)
  - ☐ Verapamil

- Please bring an updated list of your current medications, as well as bringing any medications you may need to do the test (inhalers, nitro spray, etc.)
- Avoid drinking caffeine and alcohol, smoking/vaping, and heavy meals for 2 hours before testing
- Do not use any creams, gels, lotions, or oils on your torso on the day of the test
- Wear or bring comfortable, loose fitting clothing you can exercise in as well as running shoes suitable for walking on a treadmill