

NON NUCLEAR TREADMILL STRESS TEST INSTRUCTIONS

Patient's Name _____

Takes 4-5 hours to complete

2 Breaks (Each Break is 1-1.5 hours each)

Patient can leave during breaks

2nd Break normally occurs at 2.5-3 hour mark from appointment time.

Patient can eat and have caffeine during 2nd break only.

Water only at anytime (Helps with IV placement)

No Caffeine or Nicotine after midnight the night before the appointment.

Light food is allowed 4 hours prior to appointment time.

For Dr Layeni patients:

Take all morning medications with water EXCEPT a Beta Blocker.

(Do not take a Beta Blocker until after the Treadmill study)

Example of Beta Blockers include Metoprolol, Atenalol, etc. (ends in lol)

For Dr Salami Patients:

Take all morning medication with water including a Beta Blocker as prescribed.

No jewelry around neck, no metal zippers, buttons on shirts.

Treadmills require a Dr to be present, so please be patient.

Wear comfortable clothing and tennis shoes.

TREADMILL EXERCISE ONLY---NON NUCLEAR _____

Echo	Carotid	Other Appt	Results Appt
_____	_____	_____	_____
1717 Mayo Dr	1717 Mayo Dr		1691 Mayo Drive

***PLEASE NOTE**—If you are unable to keep your appointment, kindly contact our office at least 24 hours before. Otherwise, we reserve the right to charge for time reserved and medication cost.