

Georgia Heart Physicians, LLC  
**Treadmill Stress Test Instructions**  
**(Non Nuclear)**

You are scheduled for a stress test. Please read and follow the instructions given below.

Test Date: \_\_\_\_\_ Time: \_\_\_\_\_

Testing Procedure:

1. Testing procedure will be explained to you. An IV line will be started in your arm by the technologist or nurse.
2. After the proper prep, the stress test will begin. Electrodes will be placed on your chest to monitor the EKG. The treadmill starts very slowly, and every 3 minutes the treadmill goes faster and the incline becomes steeper. Most people exercise for 6-8 minutes on the Bruce Protocol, while patients in very good shape can go 12 minutes or more. The test takes approximately 2 hours. The doctor will discuss the test results on a follow up visit.

Instructions:

1. **Do not have any caffeinated or decaffeinated products** (coffee, tea, soda, chocolate etc), for 24 hours before the test. Your test will be cancelled if you have consumed any caffeinated or decaffeinated products. Do not smoke or consume alcoholic beverages before the test. Certain pain relievers such as Excedrin, Lortab, Motrin, and Hydrocodone also contain caffeine. These are just a few examples: remember to check labels.
2. You may have a light meal consisting of : a glass of juice, 2-3 slices of toast with a small amount of butter or jam. **(Reminder- No Caffeine) Your meal must be consumed before 9:00am.**  
**DIABETIC PATIENTS- see instructions below.**
3. Do not take any medication on the day of the test, but bring your medications with you as some may be allowed later in the testing process.
4. Do not take Beta Blockers (Coreg, Toprol, Metoprolol, Atenolol etc) for 24 hours prior to the test. Do not take any medication containing theophylline (theo24 or Uniphyll) for 24 hours prior to the test. Please do not use any Nitroglycerin Patches 24 hours prior to the test. Do not take any Digoxin 24 hours prior to the test. If you use an **INHALER**, bring it with you to your appointment. If you are taking VIAGRA, please discontinue use for 24 hours prior to your test.
5. Please bring a medical prescription from your referring physician for this test.
6. Wear comfortable clothes and walking shoes. (No dresses). A two piece outfit consisting of pants and a shirt without buttons, zippers or snaps is preferred. (Gym Clothes)
7. **DIABETIC INSTRUCTIONS:**  
**Patients Taking Insulin:** Take ½ of your dose of Insulin the morning of your test. You may have a small glass of juice and one slice of toast with a small amount of butter or jam prior to 7am. Bring a snack with you to have after the stress or intravenous medication portion of the test. You may take the other ½ of your insulin dose once finishing your study and are able to consume a complete meal.  
**Patients taking Oral Diabetes Medication:** Do not take your diabetes medication the morning of your test. Bring your diabetes medication with you along with a snack. You may take your medication after the stress test.

(Stress Test Instructions Cont.////**Non Nuclear**////)

**Bring A Snack. Eating and Drinking Is Allowed At The End Of The Test.  
(CHECK WITH THE TECHNOLOGIST BEFORE EATING).**

**Is This Test Safe?**

Stress test are safe; few complications are associated with them. You may drive your car home.

If you are Pregnant, think that you might be, or if you are a nursing mother, it is best that you postpone this test until a later date. Speak with the technologist or physician to consider other options.

The exercise portion is also safe. A small amount of risk however does exist because exercise “stresses” the heart and at the time of the test, we are unsure of the condition of the arteries to your heart (the reason for the test). Possible complications include abnormal heart rhythms or heart attack.

If you have any unanswered questions please don't hesitate to contact our office a (478) 738-9443.