**ETT (Regular Treadmill) Test Preparation**

* Do not eat or drink for three hours prior to the procedure. This reduces the likelihood of nausea that may accompany strenuous exercise after a heavy meal. Diabetics, particularly those who use insulin, will need special instructions from the physician’s office. The test will take approximately one hour to complete.

* Please **wear comfortable clothes and tennis shoes**. Your test ***WILL BE RESCHEDULED IF YOU DO NOT WEAR APPROPRIATE SHOES.***
* Do **NOT** wear lotions or oils on your upper body. You may wear deodorant.
* If you use an inhaler, please bring it with you the day of the test.
* If you take Nitro-Dur or Nitroglycerin pills or patches do NOT take them the morning of your test.

**IF YOU TAKE ANY OTHESE MEDICATIONS, PLEASE DO NOT TAKE THEM THE NIGHT BEFORE OR MORNING OF YOUR TEST (Medications can be resumed after test is complete).**

Amiodarone Covera Nadolol Tarka

Atenolol Dilacor Normodyne Tenormin

Betapace Dipyridamole Pacerone Tiazac

Bisoprolol Flecainide Propafenon Timolol

Bystolic Inderal Propranolol Timpotic

Calan Isosorbide Rythmol Toprol

Carvedilol Lopressor Sotalol Verapamil

Coreg Mavik Sular Zebeta

Corgard Metoprolol Tambocor Ziac