

Patient Instructions: Exercise Stress Echo

For this test you will be asked to walk briskly on a Treadmill.

To prepare yourself for the test, please avoid eating anything heavy for 2 hours prior to the test.

We also ask you to please avoid caffeine (coffee, tea and coke) and refrain from smoking for 2 hours prior to the test.

Please wear comfortable shoes – e.g. joggers and loose clothing to allow you to exercise on a **Treadmill**.

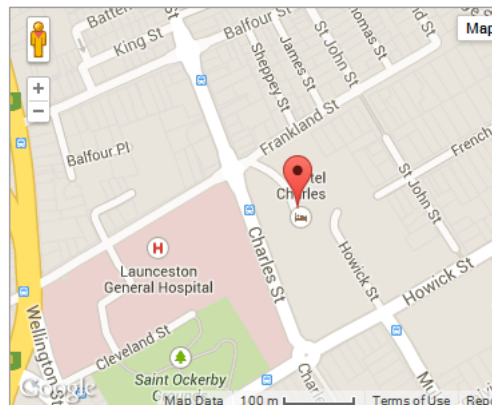
If you take any of the following medications, please **DO NOT** take them on the day of your test.

Drug Similar Brand Names Containing this Drug

Atenolol	Tenormin, Noten, Tensig
Bisoprolol	Bicor, Bicard, Bispro
Carvedilol	Dilatrend, Vedilol
Metoprolol	Betaloc, Lopressor, Minax, Toprol XL
Nebivolol	Nebilet
Oxprenolol	Corbeton
Propranolol	Inderal, Deralin
Sotalol	Sotacor, Solavert, Cardol
Amlodipine	Norvasc, Caduet, Exforge
Diltiazem	Cardizem, Vasocardol, Diltahexal
Felodipine	Felodur, Plendil
Lercandipine	Zanidip, Lercan, Zan-Extra
Nifedipine	Adalat, Adefin, Addos
Verapamil	Isoptin, Cordilox, Veracaps, Anpec

Charles Clinic is conveniently located in the Mantra Charles complex, 287 Charles Street, Launceston (opposite the Launceston General Hospital - access off Frankland St). There is dedicated parking and 2 disabled parking spaces for our patients immediately in front of the clinic.

OPEN: 8.30am - 5.00pm Monday to Friday	
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