

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 – North West is located in the North West Private Hospital complex at 21 Brickport Road, Cooe. Patients should enter through the main entrance of the Medical Centre and either take the stairs adjacent to Hudson's Cafe or the lift to the first floor and follow the signage.

There are several pay parking options in the area.

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