What is a T-Wave Alternans Test? A non-invasive test to identify patients at risk for life-threatening heart rhythm disturbances that can lead to sudden cardiac death. You will be hooked up to an EKG and walk slowly on a treadmill to raise your heart rate.

Do not use any oils or creams on your body for two days before the test and the day of the test. (No Dove soap, no body lotion or creams, no powders, no “moisturizing” soaps or bath gels). Soaps such as Ivory or Zest would be recommended.

Gentlemen may opt to shave their chest hair themselves at home prior to arriving for the test.

Wear comfortable clothes and shoes as you will be walking on a treadmill at a low speed. Sneakers would be preferred.

Do not take the morning dose of your Beta Blocker the day of the test, or the dose the evening before the test. If you take only one dose a day and that dose is taken in the p.m., please skip the dose the night before your test. Some common Beta Blocker medications include: Toprol, Metoprolol, Coreg, Atenolol, Propanalol, and Zebeta. If you aren’t sure if you are on a Beta Blocker please contact the office. If you take Verapamil or Cardizem please hold these medications as above. You may bring a dose of your medication to take after your test is completed.

Appt Date: ___________________________  Time: ___________________________

Location
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