

## *T-Wave Alternans Testing Patient Instructions*

- ❖ **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, Propranolol, 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**  
**1830 Town Center Drive Suite 405**  
**Reston VA, 20190**  
**Phone: (703) 481-9191**