



# CardiacCareAssociates, PC

Patient Name: \_\_\_\_\_

Your \_\_\_ Treadmill Stress Test \_\_\_ Exercise Echocardiogram  
has been scheduled for \_\_\_\_\_ at \_\_\_\_\_ a.m.  
p.m.

1830 Town Center Dr. #405  
Reston, VA 20190  
(703) 481-9191

3023 Hamaker Court. #100  
Fairfax, VA 22031  
(703) 641-9161

3650 Joseph Siewick Dr. #400  
Fairfax, VA 22033  
(703) 481-9191

44084 Riverside Parkway #150  
Lansdowne, VA 20176  
(703) 858-3185

224 D Cornwall Street #306  
Leesburg, VA 20176  
(571) 209-5490

### ON THE DAY OF YOUR APPOINTMENT:

1. Wear loose, comfortable clothing. (Ladies, no dresses please)
2. Wear rubber soled shoes. (Tennis shoes or walking shoes)
3. Eat a light meal, 2-3 hours prior to your appointment.
4. **NO** smoking prior to your appointment.
5. Ask your doctor about taking medications before the test.
6. Review medications provided below. Please bring to your appointment.
7. Avoid creams, lotions and powders to the chest area
8. If you have an Albuterol inhaler or carry oxygen, please bring it with you.

If you have any questions, please do not hesitate to call the office.

#### *Do not take from noon the day before your test*

<b>Beta Blockers</b>			
<b>Generic Name</b>	<b>Brand Name</b>	<b>Generic Name</b>	<b>Brand Name</b>
Acebutolol	Sectral	Metoprolol	Lopressor, Lopressor HCT, Toprol, Toprol XL
Atenolol	Tenormin, Tenoretic	Nadolol	Corgard
Betaxolol	Kerlone	Pindolol	Visken
Bisoprolol	Zebeta, Ziac	Propranolol	Inderal, Inderal LA, Inderide, Inderide LA
Carvedilol	Coreg	Timolol	Blocadren
Penbutolol	Levatol	Sotalol	Betapace
Nebivolol	Bystolic	Labetalol	Trandate

#### *Do not take from noon the day before your test:*

<b>Calcium Channel Blockers</b>	
<b>Generic Name</b>	<b>Brand Name</b>
Verapamil	Calan, Covera Isoptin, Verelan (SR), Cardizem, Cartia, Tarka
Diltiazem	Dilacor, Tiazac (XR, SR, CD)