Scurlock Tower
6560 Fannin, Suite 1750
Houston, TX 77030
713-790-0400

Exercise Treadmill Test Instructions

What is it?
The Exercise Treadmill Test evaluates your heart and blood pressure as you walk and run. You will be exercising on a treadmill to maximum exertion.

When should I arrive?
Please arrive 15 minutes prior to your appointment time to complete any paperwork.

How do I prepare for the test?

- You will be more comfortable if you do not eat or drink for 3 hours before the test
- Wear comfortable clothes for walking and running
- Shoes should be appropriate for running. **No sandals, flip-flops, or heels**.
- Please bring a towel and a water bottle
- Do not apply **lotion or cream** to your chest or abdomen on the day of the test

What about my medications?
You should take all of your usual medications, **with a few exceptions**.

The following medications can slow down your heart rate and interfere with the test. These medications should **not** be taken within 24 hours of your appointment:

Metoprolol
Carvedilol
Bisoprolol
Atenolol
Bystolic
Propranolol
Labetalol
Sotalol

If you are unsure about whether to take a medication, please call our office to review your medication list with one of our nurses prior to the day of your test. (713) 790-0400.