



5390 Longley Lane Reno, NV 89511

Phone: 775-302-0000

Treadmill Test: Bruce Protocol

Appointment Date: _____

Time: _____

What: You will exercise on a treadmill while being monitored. Set aside 30 minutes for this appointment.

Please come at the above time; we do allow a 10-minute grace period from appointment time. If you arrive 10 minutes after scheduled time; there is the possibility of having to be rescheduled.

Why: Is this test performed?

- Screening for Cardiovascular Disease
- Identify abnormal rhythms
- Cause for chest pain or other symptoms

Do:

- Wear comfortable clothing
- Women- wear sports bra
- Wear comfortable, closed toe shoes
- Eat light snack

Don't:

- Arrive for test with a full stomach
- Do not take medication on the list below for 24 hours prior to test (unless otherwise instructed by your provider)

DO NOT take medication list

- | | |
|----------------------------------|----------------------------------|
| <input type="radio"/> Acebutolol | <input type="radio"/> Carvedilol |
| <input type="radio"/> Atenolol | <input type="radio"/> Digoxin |
| <input type="radio"/> Bisoprolol | <input type="radio"/> Diltiazem |
| <input type="radio"/> Labetalol | <input type="radio"/> Verapam |
| <input type="radio"/> Metoprolol | |
| <input type="radio"/> Nebivolol | |
| <input type="radio"/> Nadolol | |
| <input type="radio"/> Pindolol | |