

Kevin M. Holthaus, MD.
Internal Medicine
Aviation Medicine
Anthony M. Vetere, M.D.
Internal Medicine

North Florida Medical Clinic
1361 13th Ave. S., Suite 150
Jacksonville Beach, FL 32250
(904) 242-7177 Fax (904) 242-7433

H. Curtis Benson, M.D., FACP
Internal Medicine
Amy Barrow Brumfield, PA-C, MHSE
Deborah Ghandour, PA-C, DHSc

TREADMILL STRESS TEST

You have been scheduled for a Treadmill Stress Test at North Florida Medical Clinic. It is important to withhold certain medications prior to your test date.

*If you are taking the following medications, please do not take them for at least 24 hours before your scheduled test.

Toprol / metoprolol succinate
Inderal / propranolol
Tenormin / Atenolol
Calan / verapamil
Acebutolol
Verelan
Trandate
Isoptin
Sectral
Coreg

Lopressor / metoprolol
Corgard / Nadolol
Normodyne / labetalol
Carvedilol
Diltiazem
Tenoretic
Pindolol
Cardizem
Dilacor
Ziac

*If your doctor specifically instructs you to take any of these medications before the test, you may do so.

- **Please wear comfortable clothing and shoes suitable for exercising.**
- **Women; sports bra strongly recommended - no underwires in clothing.**
- **For EKG and/or Stress Test, no lotions or creams below the neck for 24 hours prior to test.**

If you have any questions, please feel free to contact our office at 904.242.7177.

Thank you!