

T-WAVE ALTERNANS PREPARATION

IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE AT (480) 945-4343.

1. Stop taking all Beta Blocker medication for 48 hours (2 days) before taking the Treadmill T-Wave test.

BETA BLOCKER - MEDICATION NAMES

<u>NAME BRAND</u>	<u>(GENERIC BRAND)</u>
Sectral	(Acebutolol)
Tenormin	(Atenolol)
Kerlone	(Betaxolol)
Zebeta	(Bisoprolol)
Coreg	(Carvedilol)
Normodyne	(Labetalol)
Lopressor	(Metoprolol Tartrate)
Toprol XL	(Metoprolol Succinate)
Corgard	(Nadolol)
Levatol	(Penbutolol)
Visken	(Pindolol)
Inderal	(Propranolol)
Blocadren	(Timolol)
Bystolic	(N/A)

2. Do not apply powders, lotions or oils on body.
3. Wear comfortable, loose-fitting clothing such as sweatpants, jeans or walking shorts (*no one-piece items, jumpsuits or dresses*).
4. Wear comfortable walking shoes or tennis shoes. Please **DO NOT** wear *sandals, slippers, flip-flops, open-toed shoes or heels*, because you will be walking on a treadmill.
5. Bare feet, stockings and nylons are **NOT ALLOWED** due to safety issues.
6. Please **DO NOT** wear any jewelry, bracelets or necklaces.
7. Please inform the Cardiovascular Technician if you have any orthopedic (*muscle, joint, bone, ligament or walking*) issues.
8. Please allow 30 to 45 minutes for the scheduled T-wave testing procedure time.

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