



TMST INSTRUCTIONS

Oregon Heart Center P.C.

610 Hawthorne Ave. SE.

Please check in on _____ at _____.

- ✓ Wear Comfortable clothes for exercise/ walking on the treadmill.
- ✓ Wear closed-toe/heel shoes suitable for brisk walking or running.
(no flip-flops, sandals, etc.)

Do not take beta-blockers for 24 hours (one day) prior to your stress test.

(Do not stop Satolol or Betapace unless directed to do so by your cardiologist.)

Acebutolol	(Sectral)	Coreg	(carvedilol)
Atenolol	(Tenormin)	Corgard	(nadolol)
Betaxolol	(Kerlone)	Inderal	(propranolol)
Bisoprolol	(Zebeta)	InnoPran	(propranolol)
Carvedilol	(Coreg)	Kerlone	(betaxolol)
Labetalol	(Normodyne)	Levatol	(penbutolol)
Metoprolol	(Lopressor, Toprol)	Lopressor	(metoprolol)
Nadolol	(Corgard)	Sectral	(acebutolol)
Penbutolol	(Levatol)	Tenormin	(atenolol)
Pindolol	(Visken)	Toprol XL	(metoprolol)
Propranolol	(Inderal, InnoPran)	Trandate	(labetolol)
Timolol	(Blocadren)	Visken	(pindolol)
Blacadren	(timolol)	Zebeta	(bisoprolol)
Bisoprol		Bystolic	