



Kaiser on the Job

ETT Instructions

You have been scheduled for a **Treadmill**

Pretest instructions:

1. Beta Blockers—Hold for 24 hours
2. Verapamil/Diltiazem—Hold AM of test
3. Nitrates—Hold AM of test
4. Other Anti hypertensives—Take medicine
5. Insulin/oral agents—Take medicine and usual diet

Wear comfortable clothes and shoes and bring a towel to suite 180 (Located under the stairs in East building)

Call (707) 571-4232 x 1 to cancel and rebook a treadmill