

GUIDELINES FOR REFERRING DOCTORS ON WEANING / WITHHOLDING MEDICATIONS FOR

STRESS TESTS & STRESS ECHOS

Dear Doctor,

Your patient has been referred for an exercise stress test or stress echo and has been asked by PRP to consult with you for instruction on weaning or withholding their medication (as per the list opposite).

Any medications NOT on the list should be continued.

Weaning or withholding medication must be based on your patient's medical history and your clinical assessment.

THE FOLLOWING INFORMATION IS OFFERED AS A GUIDELINE ONLY:

The medications on the list opposite have a negative chronotropic effect and if your patient is being referred for a diagnostic test for investigation of chest pain, this may result in a submaximal heart rate being achieved thus rendering the exercise stress test inconclusive.

For this reason, we advise weaning off the beta blockers on the list (half dose for 3 days then nil for 3 days leading up to the test as a general guide) and withholding calcium channel blockers on the list (Diltiazem / Verapamil) for the 2 days prior to the test as a general guide.

However, it may be inappropriate to wean or omit medications on the list for example in the case of:

Beta blockers or calcium channel blockers used for rate control e.g. AF - do not cease.

Severe hypertension (you may choose not to omit or have a shorter weaning program).

Heart failure with a low ejection fraction.

Please note: A Persantin Myocardial Perfusion Scan may be an alternative for patients unable to exercise or achieve adequate peak heart rate due to concurrent betablocker or calcium channel blocker therapy.

If you have any queries please contact the Cardiac RN at Erina PRP on 02 4367 7100



MEDICATIONS TO BE CONSIDERED FOR OMISSION PRIOR TO EXERCISE STRESS TEST/STRESS ECHO

BRAND	GENERIC
ANPEC	VERAPAMIL
ANSELOL	ATENOLOL
ATENOLOL	ATENOLOL
BARBLOC	PINDOLOL
BETOLOC	METOPROLOL
CARDIZEM	DILTIAZEM
CORAS	DILTIAZEM
CORDILOX	VERAPAMIL
DILTAHEXAL	DILTIAZEM
DILTIAZEM	DILTIAZEM
INDERAL	PROPANOLOL
ISOPTIN	VERAPAMIL
LABETALOL	LABETALOL
LOPRESSOR	METOPROLOL
METOHEXAL	METOPROLOL
METROL	METOPROLOL
MINAX	METOPROLOL
NOTEN	ATENOLOL
PRESOLOL	LABETALOL
PROPANOLOL	PROPANOLOL
TENOLTEN	ATENOLOL
TENORMIN	ATENOLOL
TENSIG	ATENOLOL
TOPROL	METOPROLOL
TRANDATE	LABETALOL
VASOCARDOL	DILTIAZEM
VERACAPS	VERAPAMIL
VISKEN	PINDOLOL

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