



STRESS TEST INSTRUCTIONS

EXERCISE ("TREADMILL")

IMPORTANT: PLEASE CAREFULLY READ AND COMPLY WITH ALL INSTRUCTIONS IN ORDER TO AVOID RESCHEDULING.

24 HOURS BEFORE YOUR TEST

- **NO** coffee or tea of any kind
- **NO DECAF OF ANY KIND**
- **NO** soda or chocolate
- **NO** medications containing caffeine; Excedrin, Anacin, etc

TAKE all medications, except those listed below: **DO NOT TAKE THE FOLLOWING MEDICATIONS:**

Beta Blockers:

Metoprolol/Lopressor/Toprol/Atenolol/Tenormin/Cardvedilol/Coreg/Pindolol/Visken/Bisoprolol/Zebeta/Labetolol/Propranolol/Inderal/Acebutelol/Sectral/Timolol/Blocadren/Nebivolol/Bystolic

Calcium Channel Blockers:

Diltiazem/Cardizem/Cartia/Taztia/Tiazac/Dilacor/Verapamil/Calan/Verelan/Isoptin

THE DAY OF THE TEST

- Please wash chest area and avoid oil, lotion, powder and perfume.
- Chest hair can interfere with the placement of the EKG electrodes, please shave your chest prior to your appointment if needed.
- Wear a comfortable two-piece outfit; avoid wearing dresses, jumpsuits or shirts with metallic buttons or zippers on the chest area.
- Wear comfortable walking shoes; if you will be walking on the treadmill.
- Bring your scheduled cardiac medications with you, to take as directed by the Physician after the test.
- No smoking prior to your test.

****A \$50 CANCELLATION FEE WILL BE INCURRED IF YOU DO NOT COMPLY WITH THE INSTRUCTIONS ABOVE, OR CANCEL YOUR APPOINTMENT WITHIN 2 BUSINESS DAYS. IF YOU UNABLE TO KEEP YOUR APPOINTMENT PLEASE CALL 480-699-5536 TO RESCHEDULE.**

By signing, I agree to the above instructions and cancellation fee policy:

Printed Name

Signature

Date