

TREADMILL

Stress Test Instructions

1. Do not eat a heavy meal within two (2) hours of the test.
2. Wear two-piece, loose fitting clothing that is comfortable to exercise in.
3. Wear comfortable, rubber soled shoes.
4. Do not use bath oils, lotion or powder on the morning of the test.
-You may use deodorant as usual.
5. Take all regularly prescribed medications unless otherwise directed by your physician.

*** Please note you may not have a stress test scheduled, your physician will consult with you prior to any testing being done by our office. We just want you to come prepared**

(and comfortable). Thank You!