

## **EXERCISE/TREADMILL STRESS TEST INSTRUCTIONS**

This is an EXERCISE stress test only. No imaging will be done.

On the day of your EXERCISE stress test:

- Do not eat or drink anything for 4 hours before your test. You may have water only, but no coffee, pop, tea, juice, or chocolate.
- Absolutely NO caffeine, including chocolate, for 24 hours prior to the testing
- No smoking 4 hours before the test
- If you are taking insulin. Do NOT take insulin until after the test
- You need to discuss with your doctor the medications you are on. If you are on a beat blocker such as Tenormin (Atenolol), Lopressor (Metoprolol), Ziac, or Toprol, it is recommended that you DO NOT take it for 24 hours before the test
- Please bring a list of your medications, including dosages, with you when you come in for the test.
- You may bathe before your test, but make sure you do this at least 2 hours before you come in
- Please wear loose, comfortable clothing and good walking shoes. NO flip flops.
- You will be walking on a treadmill.
- Report to Registration at the front entrance
- After Registration, you will be directed to Radiology/Cardiac Services dept.

Your test is scheduled for:

DATE	TIME
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If you have questions about your test, please call the Cardiac Services Dept

419-332-7321 ex 323170