

Treadmill Stress Testing Instructions

Dear _____,

You are scheduled to undergo treadmill stress testing by Dr. _____ on
_____ at _____ AM/PM.

In order to properly prepare for your test, and ensure the most accurate results, please note the following:

- Wear or bring comfortable clothing, such as slacks or shorts, and 'athletic' type shoes, such as tennis shoes.
- Do not eat anything, or have any caffeinated drinks (coffee/tea/cola) for at least *four hours prior* to your scheduled appointment time (however, moderate amounts of fluids, such as water or fruit juice, are permitted). Avoid heavy meals on the day of the test.
- If you are diabetic, eat a light meal and take your insulin as you normally would.
- Your doctor will instruct you to either continue or discontinue any blood pressure or heart medications prior to your treadmill stress test.

If you are unsure about these or any of the above instructions, please contact our office.

Continue medications as directed

Discontinue the **following** medications:

If you have any questions about, or must reschedule this test, please call our office as soon as possible, at 910/815-3420. Thank you – we look forward to seeing you soon!