

Exercise Stress Test

An exercise stress test is extremely safe and provides your doctor with useful information about your heart, circulatory system, and physical conditioning. Your cooperation is essential for increasing the accuracy and safety of this evaluation.

- 1) **MEDICATION:** Take your medications (with sips of water) unless you have been otherwise instructed.
- 2) Do not eat for 2 hours prior to your appointment (12 hours if blood tests are to be taken).
- 3) Do not apply any lotions, oils or powder to the chest area.
- 4) Bring proper clothing for exercise.

MEN – Gym shorts or sweat pants with supporter, running shoes or comfortable walking shoes.

WOMEN – Shorts or loose fitting slacks, sleeveless or a short sleeved blouse with front opening, running shoes, sneakers, or flat walking shoes.

If you develop a cold, sore throat, signs of infection or an orthopedic problem that would prevent walking normally, please call the office to reschedule.