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## Treadmill Stress Test Instructions

### Treadmill Exercise ECG Test

1. **No food** two (2) hours before test
2. **No Caffeine** day of the test (coffee, teas, chocolate)  
\*\*\* This include DECAFFINATED products as well \*\*\*
3. **No smoking** two (2) hours prior to test
4. **No alcohol** 48 hours (2 days) prior to test
5. **Wear comfortable clothing** (shorts/t-shirts/jogging suit)
6. **Wear tennis shoes or non-skid shoes** (if possible)
7. **No body lotion on chest area** 48 hours (2 days) prior to test

**\*\*\* Please do NOT stop any medication unless your physician instructs you to \*\*\***

If you have any questions or concerns regarding this test, please feel free to contact our office

**Appointment Date/Time:** \_\_\_\_\_