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 **DECAFF**INATED 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: ____________________________