

## Office Services

- Consultation
- Same-day Appointments
- Echocardiogram and Doppler
- Accredited Nuclear Stress Lab
- Complete Peripheral Vascular Lab
- Microvolt T-Wave Alternans
- 24 Hour Holter Monitor
- 21 Day Event Recorder
- Treadmill and Pharmacological Stress Test
- Laser Vein Ablation
- ECP  
(External Counter Pulsation)

## Specialized Clinics

- Lipid Clinic
- Coumadin Clinic
- Pacemaker and Defibrillator Clinic

## Hospital Services and Procedures

- Consultation
- 24-Hour Emergency Care
- Diagnostic Coronary Angiography
- Coronary Intervention (Stents, Rotational Atherectomy)
- Peripheral/Endovascular Intervention
- Pacemaker Implantation
- ICD and Biventricular ICD Implantation
- Atrial Septal Defect and PFO Closure
- Valvuloplasty
- Transesophageal Echocardiogram
- Cardioversion

## Zephyrhills Office

38035 Medical Center Drive  
Zephyrhills, FL 33540

## Wesley Chapel Office

27424 Cashford Circle  
Wesley Chapel, FL 33544  
813-788-1400

## Lakeland Office

4120 US Hwy. 98 N., Ste. 200  
Lakeland, FL 33809  
863-858-6666

Fax: 813-788-7691



# Premier Heart and Vascular Center

[www.premierheartandvascular.com](http://www.premierheartandvascular.com)

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Board Certified in Cardiovascular Diseases  
and Interventional Cardiology

## REGULAR EXERCISE STRESS TEST

DATE OF EXAM: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ TIME: \_\_\_\_\_ AM/PM

### INFORMATION & INSTRUCTIONS:

#### RESTRICTIONS:

Because an exercise stress test will be an evaluation of your maximal work capacity and any moderate activity may alter your performance, please avoid any heavy physical activity on the day of the test.

**Do not eat a heavy meal within three (3) hours of the test.** A light meal is permissible up to two (2) hours prior to testing. Please avoid any stimulants such as smoking, alcohol or caffeine-containing liquids such as coffee, tea or soda. These substances act as a stimulant and may alter the outcome of the exercise stress test.

#### CLOTHING:

Wear the appropriate attire to walk on a treadmill: **LOOSE FITTING CLOTHING** (i.e. shorts or sweat pants), **COMFORTABLE RUBBER SOLED SHOES** (i.e. tennis shoes).

#### MEDICATIONS:

Continue taking the medication(s) prescribed by your doctor unless you are told otherwise.

#### ADDITIONAL INFORMATION:

This test will take approximately 30-45 minutes.

*Please feel free to call our office if you have any questions regarding this test or any of these instructions.*