



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 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 3-4 hours prior to the test. 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:

STOP any medications containing caffeine (ie headache pills).

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

This test will take approximately 30-45 minutes.