

## Treadmill Stress Test Instructions

Patient: \_\_\_\_\_

**You are scheduled for a Treadmill Stress Test on \_\_\_\_\_.** \*\*

**You must arrive by \_\_\_\_\_ *sharp* for your appointment with \_\_\_\_\_** \*\*

In preparation, you must be FASTING A MINIMUM OF 4 HOURS prior to your stress test! If possible, an 8-12 hour fast is preferred. While fasting, you may drink water or black coffee (no milk, cream, or sweeteners) only. However, limit fluid intake to no more than eight ounces one hour prior to testing. For your stress test, wear loose, comfortable jogging clothes that don't restrict your movement. (*Due to the application of ECG leads, women may prefer to wear a button-down shirt*). Of course, tennis shoes are required. From start to finish, your appointment will take approximately 45 minutes to an hour. (Relax... You won't actually be on the treadmill that long!) Your results will be discussed with you following the treadmill test, and a plan of action based on those results will be established.

***\*\*If for any reason you are unable to arrive for this test on the scheduled date/time above, or need to reschedule your appointment, contact our office immediately at (512) 250-3900.***