

## STRESS TEST INSTRUCTIONS

1. Nothing to eat after midnight, except for small amounts of water.
2. **DO NOT** have any caffeine such as coffee, decaf, tea or any energy drinks.
3. Patients should wear comfortable clothes and shoes. Tennis shoes preferred. Wear shoes that are appropriate for exercise. No open toe shoes or heels allowed.
4. Remove any head and neck jewelry.
5. Shirts or blouse with buttons in the front preferred.
6. **No smoking allowed** after midnight the night before the test.
7. **Do not** use any body lotion, cologne or perfume.

### TAKE MEDICATIONS:

Yes \_\_\_\_\_ No \_\_\_\_\_

Special instructions:

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