



## **ROUTINE STRESS TEST**

**\*\*\*PLEASE CONTACT THE OFFICE IMMEDIATELY AT 314-741-0911 IF YOU ARE UNABLE TO MAKE IT TO YOUR APPOINTMENT.**

Your doctor has scheduled you for a Routine Stress Test at our Christian NorthEast office located at 11155 Dunn Road, Building 1, Suite 304E, St. Louis, MO on \_\_\_\_\_ at \_\_\_\_\_ am / pm.

### **DURING THE TEST YOU WILL:**

Be placed on a heart monitor while walking on a treadmill.

The entire test may take up to 1 hour to complete.

### **YOU MUST:**

Wear comfortable clothes and shoes.

Please do not wear lotions, powders, cologne or perfume, but deodorant is acceptable.

You can eat breakfast and/or lunch, as long as it is not greasy.

If you use inhalers for asthma or lung disease please bring them with you to the test.

**Please have no gum, candy, food, etc. in your mouth during testing.**

**TAKE ALL MORNING MEDICATIONS**, except do not take beta blockers (included Ziac, Bisoprolol, Toprol, Atenolol, Bropanolol, Carvedilol, Coreg, Lopressor, Metoprolol, Tenormin) for 24 hours prior to the test.

**DO NOT HAVE CAFFEINE FOR 12 HOURS PRIOR TO THE TEST THIS INCLUDES COFFEE, DECAF, TEA, SODA AND CHOCOLATE.**