



ROUTINE STRESS TEST

Your doctor has scheduled you for a Routine Stress Test at our **DePaul Hospital** office located at **12277 DePaul Dr, Suite 503 in the South Medical Building**, St. Louis, MO on _____ at _____ am / pm.

DURING THE TEST:

You will have a heart monitor placed on your chest while walking on a treadmill.

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

*****PLEASE CONTACT THE OFFICE IMMEDIATELY AT 314-739-9618 IF YOU ARE UNABLE TO MAKE IT TO YOUR APPOINTMENT.**

PLEASE REVIEW AND FOLLOW THESE INSTRUCTIONS PRIOR TO THE TEST:

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. Have something that is light on your stomach.

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

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.

Please have no gum, candy, food, etc in your mouth during the test.

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