



ROUTINE STRESS TEST

Your doctor has scheduled you for a routine stress test at our **Granite City office** located at **2118 Washington Ave, Granite City, IL** 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 good for exercising.

Please do not wear any lotions, powders, cologne or perfume, deodorant is okay.

You can eat breakfast and/or lunch, as long as it is nothing greasy.

Please take diabetic medications if you have diabetes.

Please have no gum, candy, food, etc. in your mouth at the time of testing.

DO NOT TAKE ANY OTHER MORNING MEDICATIONS, BUT PLEASE BRING THEM WITH YOU.

DO NOT HAVE CAFEINE FOR 12 HOURS PRIOR TO THE TEST. THIS INCLUDES COFFEE, TEA, SODA, & CHOCOLATE THIS ALSO INCLUDES DECAFFEINATED.