

Springfield Clinic
Cardiology

Routine Stress Test

Your doctor has scheduled you for a Routine Stress Test
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.
- Do not eat anything 6 hours prior to the test.
- 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.
- **DO NOT HAVE CAFFEINE FOR 24 HOURS PRIOR TO THE TEST**
 - **THIS INCLUDES COFFEE, DECAF, TEA, SODA AND CHOCOLATE**