



STRESS TEST PREPARATIONS

1. Wear comfortable clothing and walking/running shoes.
2. Avoid eating a heavy meal for 2–4 hours beforehand.
3. **Avoid caffeine, nicotine, and alcohol** the night before and day of the test.
4. Bring a list of your medications.
5. Unless otherwise instructed by your doctor, **stop beta blockers 24 hours prior to your test.**
6. Inform the staff if you're pregnant, have chest pain, shortness of breath, or any recent illness.

IMPORTANT: If you are unsure whether any of your medications are beta blockers, please contact our office for clarification before stopping any medication.

*****Our medical assistant will call to confirm your appointment in the week of your appointment. *****

If you are accompanied by a family member/friend, they may be asked to remain in the waiting area while the test is being performed.