

Stress Test Instructions

*Please arrive 15 minutes prior to your scheduled appointment.

Prep Instructions:

- If you are scheduled to walk on the treadmill, wear comfortable clothing and walking shoes.
 - Bring a list of medications with you.
- The test takes 1 hour (45 minutes if you are scheduled for a stress echocardiogram or routine stress test).
- Take all regularly scheduled medications (with water) unless your physician has told you otherwise.
 - Hold all Beta Blockers unless instructed by your physician.
- If you are taking medicine for diabetes and cannot fast for 4 hours prior to the test please call the office for further instructions.
 - Do not eat 4 hours prior to the test or your test may need to be rescheduled.
 - No caffeine 24 hours before.

If you are unable to keep your scheduled appointment, please contact our office 24 hours in advance at.

Bring this form and the completed stress test questionnaire form with you to the appointment.

If you have any questions, please call Dr. Stieber's office at (907) 374-0432.