



## **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 \_\_\_\_\_ pm.

### **DURING THE PROCEDURE:**

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.

Eat breakfast.

Please take diabetic medications if you have diabetes.

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

**DO NOT HAVE CAFEINE FOR 12 HOURS PRIOR TO THE TEST.**