



## **ROUTINE STRESS TEST**

Your doctor has scheduled you for a Routine Stress Test at our Christian NorthEast office located at 11155 Dunn Road, Suite 306E, St. Louis, MO on \_\_\_\_\_ at \_\_\_\_\_ am / 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.

**PLEASE CONTACT THE OFFICE IMMEDIATELY AT 314-741-0911 IF YOU ARE UNABLE TO MAKE IT TO YOUR APPOINTMENT.**

### **YOU MUST:**

Wear comfortable clothes and shoes.

Please do not wear cologne or perfume, but deodorant is acceptable.

You can eat breakfast as long as it is not greasy.

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 12 HOURS PRIOR TO THE TEST THIS INCLUDES COFFEE, DECAF, TEA, SODA AND CHOCOLATE.**