

**Cardiology Associates of Sussex County**  
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## **CARDIAC EXERCISE STRESS TEST**

Patient's Name:

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1. Your stress test is scheduled for:  

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2. Please allow 1 hour for the completion of the test.
3. You may eat a light meal (no later than two hours prior to the test).
4. DO NOT smoke cigarettes at least one hour prior to the test.
5. NO CAFFEINE 2 HOURS PRIOR TO THE TEST: this includes coffee, tea, chocolate, colas, and **DECAFFEINATED** coffee and tea.
6. Wear loose, comfortable clothing and footwear (i.e.: sweat suit, sneakers, or rubber soled shoes). A short sleeved shirt if preferable. Women should wear a shortline bra.
7. No strenuous activity for twenty-four hours prior to the test.
8. If you are on a beta blocker, do not take this medication prior to the test, but bring it with you to take after the test. If you take medicine for diabetes, check with your doctor for specific instructions. Other medications should be taken as usual.