

The Medical Group of New Jersey

Sussex Cardiology

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## CARDIAC EXERCISE STRESS TEST

Patient's Name: \_\_\_\_\_

Your stress test is scheduled for: \_\_\_\_\_

1. Please allow 1 hour for the completion of the test.
2. You may eat a **light** meal (no later than 2 hours prior to the test).
3. **NO CAFFEINE 2 HOURS PRIOR TO THE TEST**. This includes: regular AND decaffeinated coffee, regular AND decaffeinated teas, colas, and chocolates.
4. **DO NOT** smoke cigarettes at least 1 hour prior to the test.
5. Wear loose comfortable clothing and footwear (i.e.: sweat suit, sneakers, rubber soled shoes). A short-sleeved shirt is preferable. Women should wear a short-lined bra.
6. No strenuous activity for 24 hours prior to the test.
7. 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 diabetic medication, check with your provider for specific instructions. Other medications should be taken as usual.