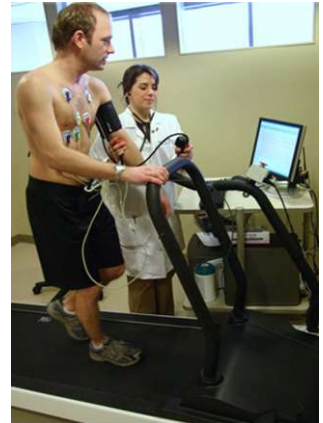


TREADMILL EXERCISE STRESS TEST

Patient Instructions Prior to the Procedure (On-Therapy)

1. You have been scheduled for a Treadmill Exercise Stress test. It involves walking on a treadmill at increasing levels of difficulty while your electrocardiogram (ECG), heart rate and blood pressure are monitored. The purpose of your test is to determine your heart's response to exertion. This information is useful in detecting heart disease or evaluating the effectiveness of your heart treatment.
2. It is necessary that you **do not eat during the 4 hours prior to your appointment** time. Doing so will cause your test to be rescheduled. You are allowed to drink water or juice during your fasting period. If you have diabetes, you can decide when to take your medications based on your eating schedule, so please bring them with you.
3. **Avoid coffee, decongestants, and all caffeinated products for the 24 hours prior to your appointment.** This includes decaffeinated drinks, as well as chocolate & cocoa products, tea (iced, brewed, & instant), soda pop (including those labeled as caffeine free), diet supplements (energy drinks, bars, as well as products containing guarana) and over the counter medication that is made with caffeine (Anacin, Excedrin, No-Doz, Vivarin).
4. Unless specifically instructed by your doctor, continue taking your other home medications as scheduled.
5. We recommend you wear a loose, **2-piece outfit**. Please refrain from applying lotion or powder to your chest on test day. For women, refrain from wearing an under wire bra on the day of your test. Wear shoes suitable for exercise on a treadmill.
6. When you arrive for your appointment, you will first complete a medical history and consent forms. The technologist will attach adhesive leads to your chest and hook you up to an ECG machine. We will record your blood pressure and heart rate before, during and after you walk on the treadmill. You will continue to be monitored after the exercise until you have recovered from the exertion.
7. **The entire test will take approximately 45 minutes.** An imaging study may be performed concurrently (such as echocardiogram or nuclear scan) which would make the procedure longer (additional 30-60 minutes).
8. You may drive your car home after the procedure.
9. If you have any question prior to or after the procedure, please call the office at (805) 540-2081.



Test Date & Time: _____

Test Location: **Central Cardiology SLO, 35 Casa Street, Suite 340, San Luis Obispo, CA**