



Location:

216-16 Union Turnpike, Bayside

26619 Union Turnpike, Queens

207-07 Hillside Avenue, Queens

REGULAR EXERCISE STRESS TEST INSTRUCTIONS

Appointment Date & Time: _____

Your doctor has ordered for you to perform an exercise stress test. There are some things you need to know to be prepared. Please read below instructions:

1. You will be walking on a treadmill for this test. If you have never used a treadmill before *please tell us*. We will teach you.
2. **Food/Drinks:** Please do not eat for 3 hours before the test, but you may drink plenty of water. If you have diabetes, please inform your doctor.
3. Please wear comfortable walking shoes or sneakers and comfortable clothing. Ladies, please wear a bra/sports bra. Refrain from wearing dresses or jumpsuits.
4. Men, you may need to have some chest hair shaved.
5. To do a quality stress test, you may need to walk fast to increase your heart rate. If this is impossible for you, please discuss this with your doctor.
6. **Medications:** In *certain circumstances*, patients will be instructed to hold their beta blockers and calcium channel blockers 24 hours prior to the test. If you are on beta blockers please ensure that your doctor discussed whether or not he/she wants you to discontinue them before coming in for the test. If you are unsure and/or if the doctor did not discuss this with you, please call our office at 718-465-4000 with any questions. All other medications may be continued unless instructed otherwise by the doctor.
7. Avoid using any lotions, creams, moisturizing soaps and powders on your chest on the day of your test. You may use deodorant and lotions elsewhere on your body.
8. ****DO NOT EAT OR DRINK Caffeinated OR Decaffeinated products 24 hours prior to stress testing**** This includes chocolate, coffee, tea, cold medications, soda and energy drinks.
9. **DO NOT SMOKE** on the day of the test, as nicotine can interfere with the results of the test.
10. Please expect for your appointment to take 1 hour.
11. **Please call us with any questions you may have at 718-465-4000.**