

TREADMILL EXERCISE TEST INSTRUCTIONS

You have been scheduled for a treadmill exercise test. This test is used to determine your ability to exercise, for the detection of clogged heart arteries, and other purposes.

♥ We will discuss with you the medications you can or cannot take on the day of the test. Bring all of your current medications to your appointment.

♥ You may eat and drink up to two hours before the test.

♥ For women - no dresses or skirts, please. Wear comfortable clothing with a separate top and bottom.

♥ Please wear comfortable walking shoes as you will walk vigorously on the treadmill.

♥ Do not wear sandals, flip-flops, or boots.

We are pleased to answer your questions or discuss your condition with other professionals who care for you.