



TUSCAN CARDIOVASCULAR CENTER
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INSTRUCTIONS FOR STRESS ECHOCARDIOGRAM/ EKG

1. **Please be on time for your appointment.** If you are running late, please call our office, as we may have to reschedule your test. **If you need to cancel, please notify our office at least 72 hours in advance to avoid a fee of \$100.00.**
2. **Please come dressed in comfortable clothing** to walk on the treadmill (i.e.: tennis shoes or equivalent, comfortable pants and shirt). Be sure to wear separate top and bottom, rather than a one-piece outfit.
3. On the day of the stress test, **please avoid nicotine or caffeine.** You can have water and food before the test, but nothing heavy please.
4. **Please take all prescribed medications** on the day of the stress test, unless told otherwise by your physician.
5. **Testing will take approximately 1 hour.**
6. **Cell phones, iPod, etc. can interfere with the test,** so please leave them with your personal belongings.

Your appointment is on _____ at _____.

***** If you need to cancel or reschedule, please give at least 72 hours advanced notice. *****