

DOWNRIVER HEART & VASCULAR SPECIALISTS

REGULAR STRESS TEST INSTRUCTIONS

Appointment: **Date:** _____

Time: _____

Place: **DOWNRIVER HEART & VASCULAR SPECIALISTS**
15150 FORT STREET, SOUTHGATE, MI 48195

HOW LONG WILL IT TAKE: You will be in the office approximately 1 hour.

PREPARATION: NO FOOD, DRINK, GUM OR COUGH DROPS
FOR 4 HOURS PRIOR TO YOUR TEST.
YOU MAY HAVE DRY TOAST AND CLEAR JUICE UP TO 4 HOURS
BEFORE YOUR TEST.
A SMALL AMOUNT OF WATER TO BRUSH
TEETH AND TAKE MEDICATION IS OK.
WEAR LOOSE, COMFORTABLE CLOTHING, AND GOOD WALKING
SHOES.

MEDICATIONS: Hold all Beta-Blockers the morning of your test. (Atenolol, Lopressor,
Coreg, Carvedilol, Metoprolol, Toprol XL)

PRECAUTIONS: If you are pregnant or breast feeding, you MUST tell your
doctor/technician immediately.