



Red Oak
307 E Ovilla Road, Suite 600
Red Oak, TX 75154
(P) 469-437-3344
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www.heartplace.com

Appt date: _____ Time: _____ am/pm

Instructions for Exercise Stress Test/ Stress Echocardiogram

DO NOT EAT 2 HOURS PRIOR TO YOUR SCHEDULED TESTING TIME.

Take your prescribed medications the day of your test unless your physician instructs you otherwise.

Bring or Wear comfortable walking/tennis shoes/sneakers. **No sandals, flip flops, slip-on, open toes shoes, or boots are allowed.** Wear comfortable two-piece clothing such as a t-shirt or a button down shirt with shorts or pants. **No one piece dresses or full slips please.**

*****IMPORTANT*****

If you do not have the proper testing attire you will be asked to reschedule your appointment.

Like any ECG procedure, please refrain from using bath oil, lotion or powder on the morning of the test.

WHERE WILL THE TEST BE PERFORMED?

If you have not visited our office before, Heartplace is located at 307 E Ovilla Road, Suite 600 Red Oak, TX 75154 Our phone number is 469-437-3344. Follow the prompts to our scheduling department for detailed directions or questions. We look forward to seeing you.