

TREADMILL

Stress Test Instructions

1. Do not eat a heavy meal within two (2) hours of the test.
2. Wear two-piece, loose fitting clothing that is comfortable to exercise in.
3. Wear comfortable, rubber soled shoes.
4. Do not use bath oils, lotion or powder on the morning of the test.
-You may use deodorant as usual.
5. Take all regularly prescribed medications unless otherwise directed by your physician.



Your appointment is scheduled
for _____
at _____ am/pm
@ the **HeartPlace HEB** location
1604 Hospital Parkway, Suite 301
Bedford, TX 76022
(817) 684-9970