



Matt Fay, M.D.
Brijesh Patel, M.D.
Anas Alomar, M.D.

Appointment Time: _____

Stress Test Instructions

1. Avoid a heavy meal 2 hours prior to test.
2. Limit caffeine for 12 hours prior to test.
3. Wear comfortable clothing with comfortable rubber soled shoes to exercise in.
4. Take medications as normal
5. Please bring a list of medications to appointment.
6. No children will be allowed in the testing area.