

ALABAMA CARDIOLOGY, P.C.

4700 WHITESBURG DRIVE, SUITE 200

HUNTSVILLE, ALABAMA 35802

PHONE: (256)882-1450

FAX: (256)882-3823

1. **THIS STRESS TEST WILL TAKE 4 TO 6 HOURS.**
2. Nothing to eat or drink after midnight until the scheduled test is completed
 - A light snack of juice and crackers will be provided. If you have a special diet or allergy, you may bring your own snack.
3. No smoking or tobacco products at least 12 hours before scheduled test. No caffeine or caffeine-free coffee, tea or sodas 12 to 24 hours before scheduled test.
4. **Wear comfortable 2 piece clothing and comfortable walking shoes. Female patients may wear wireless undergarments.**
5. **DO NOT** take any of your morning medications the morning of the test; please bring all medications to appointment.
 - Exceptions: Insulin may be taken if needed, Inhalers and nebulizer treatments may be used as needed before testing.
 - Instructions will be given when medication may be taken.
6. Please refrain from using lotions or oils, as it does not allow the electrodes to adhere properly.

If you have any questions before your test please feel free to call the office and speak with the technician.

***MEDICATION IS BOUGHT IN ADVANCE SPECIFICALLY FOR YOU FOR THIS TEST. IF YOU DO NOT SHOW FOR TEST OR DO NOT CANCEL WITHIN 24 HOURS PRIOR TO TEST YOU WILL BE CHARGED \$250.00 TO RECOVER THE COST OF THE MEDICATION.**

Due to limited space only the patient will be allowed in the test area.