



**PATIENT INSTRUCTIONS
TREADMILL TESTS**

- Please come to the Hal B. Wallis Building (Desert Cardiology Center), Main Level – Front Desk.
- **DO NOT HAVE ANY CAFFEINATED PRODUCTS** (Coffee, Decaf, Tea, Chocolate, Cola) **3 HOURS PRIOR** to the test.
- Have a light meal **3 HOURS PRIOR** to the test. EXAMPLE: Toast and Juice.
- Please wear loose and tennis shoes or rubber soled shoes with support. No skirts or dresses.
- Please take all regular medications **EXCEPT:** _____

- Do not use lotion on the chest area the day of your treadmill test.
- **If you are unable to keep your scheduled appointment, please call to reschedule at least 72 HOURS prior to the test.**

Name: _____

Date: _____

Time of Registration: _____