



Lake Country Medical Concierge

Phone: 706-817-9464 Fax: 706-262-2986

INSTRUCTIONS FOR TREADMILL EXERCISE STRESS TEST

Please avoid food and drink (except water) for 2 hours prior to the treadmill stress test exam. You may drink as much water as you desire.

1. Dress:
 - a. Tennis shoes or any rubber-soled shoes (no sandals or high heels)
 - b. Loose comfortable clothing (women slacks or shorts- no dresses)
 - c. No pantyhose or restricting undergarments

2. If you are taking a beta blocker medication such as Inderal, Bystolic or Metoprolol, please check with us regarding temporary discontinuation for testing purposes.

3. It is very important to be here at your scheduled arrival time for preparation purposes.