

# Preparing for Your Stress Test

1. Make your appointment at the front desk for a time that will allow approximately 1 hour of your time for the testing.
2. Wear or bring comfortable, loose-fitting workout clothes and running shoes and socks. You can change at the office if that is more convenient.
3. Bring a towel to use during the testing and a change of clothes for afterwards.
4. You may wish to shower in the morning before arriving at the office but DO NOT use any lotions or gels on the chest area.
5. In order to secure the EKG leads to the chest, certain areas of male patient's chest may be shaved prior to attaching the leads.
6. If you have any questions or concerns feel free to call the office during business hours. (Monday thru Friday between 9am-4:30pm or leave a message on the Nurses' Voice Message line and your call will be answered as soon as possible.)