

Cardiology Stress Test Instructions

Dear [Patient's Name],

Your stress test is scheduled for [Date] at [Time]. Please follow these instructions to prepare for the test:

Preparation

- Do not eat or drink anything except water for at least 3 hours prior to the test.
- Avoid caffeine (coffee, tea, soda) for 24 hours before the test.
- Wear comfortable clothing and shoes suitable for exercise.
- If you take any medications, please consult with your physician regarding which to take on the day of the test.

During the Test

The test will involve walking on a treadmill or riding a stationary bicycle. You will be monitored throughout the test for your heart rate, blood pressure, and overall condition.

Post-Test

After the test, you can resume your normal activities unless advised otherwise. Your physician will review the results and discuss them with you at your next appointment.

If you have any questions or concerns, please do not hesitate to contact our office at [Office Phone Number].

Thank you,

[Your Name]

[Your Title]

[Medical Facility Name]