

# Cardiology Test Preparation Guidelines

Date: \_\_\_\_\_

Dear [Patient's Name],

We are writing to provide you with important guidelines to help you prepare for your upcoming cardiology test. Adhering to these instructions will ensure the most accurate results.

## Pre-Test Instructions

- **Medications:** Please inform us about any medications you are currently taking. You may be advised to stop certain medications before the test.
- **Diet:** Avoid heavy meals at least 4 hours prior to your test. You may have light snacks or clear liquids.
- **Caffeine and Alcohol:** Refrain from consuming caffeine and alcohol 24 hours before your test.
- **Clothing:** Wear comfortable clothing and shoes suitable for physical activity, as some tests may require exercise.
- **Health Conditions:** Please inform us if you have any recent illnesses or have experienced new symptoms.

## On the Day of the Test

Please arrive at the clinic at least 15 minutes before your scheduled appointment time. Bring any necessary paperwork and insurance details.

If you have any questions or concerns, please feel free to contact our office at [Office Phone Number].

Thank you for your attention, and we look forward to assisting you.

Sincerely,

[Your Name]

[Your Title]

[Clinic/Hospital Name]

[Contact Information]