

Oxford Valley Cardiology Associates, P.C.

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STRESS TEST INSTRUCTIONS

NAME _____ DATE & TIME _____

1. **DRINK PLENTY OF WATER** STARTING 2 DAYS PRIOR TO THE DAY OF THE TEST.

You may have juice or water on the morning of the test.

2. **NO CAFFEINE! NO BREAKFAST! NO MORNING MEDS, BRING MEDS WITH YOU!**

3. **DO NOT USE INHALERS, BUT BRING THEM WITH YOU.**

4. **DO NOT MAKE ANY OTHER APPOINTMENTS FOR YOUR SCHEDULED DAY; WE CAN NOT RUSH TO GET YOU OUT FOR ANOTHER APPOINTMENT.**

5. **PLEASE SHOWER!!!!**

6. **NO SKIN CREAMS! Women must wear a Bra!!!!**

7. **YOU MUST WEAR A SHORT SLEEVE SHIRT AND SNEAKERS. BRING A SWEATER OR JACKET WITH YOU, SINCE WE MUST KEEP THE LAB COOL AT ALL TIMES.**

8. **BRING PRIMARY AND OR SURGEONS NAME, PHONE NUMBER AND ADDRESS, SO WE CAN GET THE RESULTS TO THEM PROMPTLY.**

9. **BRING YOUR DRIVERS LICENSE AND INSURANCE CARDS.**

10. **BRING A SNACK WITH YOU; YOU WILL BE HERE FOR 3-4 HOURS.**

11. **NO NECKLACES**

12. **NO EXERCISING ON THE DAY OF THE TEST.**

***IF YOU CAN NOT MAKE YOUR STRESS TEST APPOINTMENT, BE SURE TO CALL US WITH 24 HOURS NOTICE! IF YOU DO NOT CALL YOU WILL BE CHARGED \$250.00 TO COVER THE COST OF THE MEDICATION THAT WE HAVE ORDERED FOR YOU!!!!**