



# Mid-Ohio Heart Clinic, Inc.

Cardiovascular Disease Specialists

680 Park Ave. West  
P.O. Box 1408  
Mansfield, OH 44901

419.524.8151  
800.686.3966  
419.524.1747 Fax

## MID-OHIO HEART CLINIC, INC. CARDIAC STRESS TEST Patient Instructions

You are scheduled to have a standard exercise stress test on \_\_\_\_\_ at \_\_\_\_\_.

This is a monitored test on a treadmill or bicycle at various work levels of increasing difficulty. During and after the test, your heart rate, blood pressure, electrocardiogram and clinical symptoms are carefully observed. This data provides information on the status of your heart, blood pressure and physical fitness. The total time required to complete the test is 45 minutes to one hour.

### MEALS

**Nothing to eat or drink 2 hours prior to appointment time.**

Specifically, do not drink coffee or carbonated beverages that contain caffeine, that can raise the heart rate artificially.

### SMOKING

Since nicotine raises your heart rate and blood pressure, tobacco should be avoided four prior to test.

### ATTIRE

Wear loose fitting clothes and comfortable shoes for exercise. Gym shorts would be appropriate.

### MEDICATION

**You may take all of your medicine prior to your stress test.**

If you have any further questions please feel free to call the office.

