



You have been scheduled for a **Treadmill  
Stress Test**

<b>Appointment Date</b>	
<b>Arrival Time</b>	

You have been scheduled for a **Treadmill Stress Test.**

### **PREPARING FOR THE TEST**

1. No COFFEE, TEA, CAPPUCIANO, DECAFFEINATED COFFEE, CHOCOLATE, COCOA, or any foods containing caffeine.
2. Nothing to eat or drink (**2**) hours before the test.
3. Take your regular medications unless your physician advises you not to.  
Bring a list of those medications with you.
4. Wear comfortable clothing and walking shoes. No slippers, sandals or high-heeled shoes should be worn. Avoid use of body lotion or bath oils before the test.

If you have any questions, please call Central Scheduling at the hospital at 815-625-0400, Extension 5550.

Thank you,

Cardiology Laboratory  
CGH Medical Center