



You have been scheduled for a **Treadmill  
Stress Echo Study**

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

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

This test will provide your doctor with important information about the health of your heart during physical activity. Your test will require most of the morning, so you will need to plan accordingly.

#### **PREPARING FOR THE TEST**

1. Do not smoke, eat, or drink two hours before the test.
2. Bring a list of your medications with you.
3. Wear comfortable clothing and walking shoes. No slippers, sandals, or high-heeled shoes should be worn. Avoid excessive use of body lotion or bath oils before the test.
4. Please report to Patient Registration in the hospital main lobby about 10 minutes before your first scheduled 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