



CARDIAC STRESS TEST INSTRUCTION SHEET

NON-INVASIVE CARDIAC LAB

2 West Fern Ave.

Redlands, Ca 92373

(909) 793-3311 x 2407

INSTRUCTIONS FOR CARDIAC STRESS TEST

- ▶ No food, tobacco, alcohol or caffeine for 2 hours prior to test.
- ▶ Please wear a 2-piece outfit (no 1-piece dress or jump suit) and a pair of walking or athletic shoes.
- ▶ Avoid strenuous exercise on the day of the test.
- ▶ Take all medications unless otherwise instructed by your physician.
- ▶ If you take a Beta Blocker, please check with your physician as to whether you should stop taking your Beta Blocker the night before and the morning of your Stress Test.
- ▶ **Appointment duration varies from 1-2 hours.**
The actual exercise duration is only several minutes and tailored to your individual needs.

You are scheduled for your appointment on:

Day _____ Date _____ Time _____

Directions to the Redlands Beaver Medical Group

Driving East on the I-10

Take the I-10 East, exit at Orange St off-ramp,
pass stop sign to Orange St.,
turn right on Orange St., follow south to Fern Ave
(Orange St. turns into Cajon at Citrus Ave.)
Located on the right.

Driving West on the I-10

Take the I-10 West, exit at Cypress off-ramp and turn left,
follow Cypress to Cajon, turn right at Cajon
and proceed to Fern Ave.
Located on the left.