



Internal Medicine of Arizona, P.C.

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INSTRUCTIONS FOR TREADMILL EXERCISE STRESS TEST

Please avoid food and drink (except water) for 2 hours prior to the treadmill stress test exam. YOU MAY DRINK AS MUCH WATER AS YOU DESIRE.

1. Dress:
 - Tennis shoes or any rubber-soled shoes (NO SANDALS OR HIGH HEELS)
 - Loose comfortable clothing (WOMEN SLACKS OR SHORTS –NO DRESSES)
 - No pantyhose or restricting undergarments
2. If you are taking a **beta blocker medication such as Inderal, Bystolic or Metaprolo**, please check with us regarding temporary discontinuation for testing purposes.
3. It is very important to be here at your scheduled arrival time for preparation purposes