



INTERNAL MEDICINE OF ARIZONA
3333 E CAMELBACK ROAD
SUITE 122
PHOENIX, ARIZONA 85018
PH: 602.522.1900 | FAX: 602.381.3281

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:
 - a. Tennis shoes or any rubber-soled shoes (no sandals or high heels)
 - b. Loose comfortable clothing (women slacks or shorts- no dresses)
 - c. 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.