



Stress Test

(Exercise testing – Cardiopulmonary exercise testing)

Pre-Test Recommendations for Patients

Clothing.

Please bring loose, comfortable clothing, shorts, or sports pants/sports skirt.

A dress is not a suitable or comfortable garment for this test.

Men with a lot of chest hair can come previously shaved or will be shaved before the test.

Shoes.

We recommend sports shoes, trainers, or another flat comfortable footwear. Open sandals, 'flip-flop' beach shoes, or high heels are not suitable.

Food.

Do not eat anything for at least 3 hours before the stress test. If the test is in the morning, you may have a very light breakfast (e.g., 1 piece of toast, 1-2 dry biscuits 1 small banana). Do not come after prolonged fasting.

Beverage.

You can only drink water. No caffeinated products (coffee, tea) or alcohol for 24 hours prior to the test.

Tobacco.

You must not smoke on the day of the test.

Physical activity.

You should not do exercise or intense physical activity for 24 hours prior to the test.

Medication.

Continue with your usual medication unless your doctor tells you to stop. Bring your medication with you, or a list of current medication.

Diabetes.

If you use insulin, ask your doctor how much dose you should use on the day of the test. Normally, it is half of the usual dosage in the morning and a light meal 4 hours before the test.

If you use blood sugar control pills, do not take your medication until after you've done the test.

Cancellation.

If you need to cancel the appointment, please notify us as soon as possible on phone 971 738130.

On the Day.

Please arrive 10 minutes early, in order to fill out Pre-Test Papers and/or change your clothes.

- ✓ You must bring with you the Test request paper that your doctor gave you.
- ✓ You must report any discomfort prior to the test.