



Capital Area Cardiovascular Associates

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Instructions for Exercise Stress Test

Patient Name:

DOB:

Test Date:

Arrival Time:

Office: 875 Poplar Church Road, Suite 300
Camp Hill, PA 17011

Medication Instructions:

- Continue to take ALL medications as prescribed, unless instructed otherwise
- You will be contacted 2-3 days prior to testing, ONLY if medications should be stopped

Please STOP the following 12 hours prior to testing:

- **Caffeine:** This includes coffee tea, hot chocolate, soda, energy drinks, ice cream, gum, and/or candy
- **Nicotine:** This includes cigarettes, cigars, pipes, chew, nicotine gum and or patches, vaping products, and marijuana

Important Information:

- Please wear sneakers that are secure to your feet
- **NO** heels, boots, sandals or bare feet/socks
- Please wear loose fitting/comfortable clothing
- Testing is approximately 30 minutes long that involves EKG/BP monitoring
- Please eat small meal or snack before testing
- You may drink water up until your testing time

If you have questions, please call the office at 223-225-1120

Inability to follow these instructions could result in the cancellation of your test