

Heart & Vascular Associates of Augusta  
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## STRESS TEST

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Test of cardiovascular capacity made by monitoring the heart rate during a period of increasingly strenuous exercise.

### PREPARATION FOR THE TEST

- **Avoid all caffeine and decaf products** for 12 hours before the test. This includes: coffee, tea, soda, chocolate, etc. If in doubt, Leave it out!
- **Light Breakfast.** (you may drink milk, juice, or water with meal)
- **Take NO blood pressure or heart medication on test day.** All other medication, including diabetic medication, is fine to take.
- Dress comfortable (sneakers, slacks, shorts, etc)
- No cologne, powders, or lotions on the day of the test
- Be prepared for a long stay. Test takes approximately 3-4 hours.

Patient Name: \_\_\_\_\_

Appointment date: \_\_\_\_\_ Time \_\_\_\_\_

Location: \_\_\_\_\_