

Atlanta Heart Group, P.C.
2665 North Decatur Road; Suite 260
Decatur, Georgia 30033
(404)-297-9077

Instructions for: _____

Procedure: _____ Date of procedure: _____ Time: _____ am

Stress Test Instructions:

Prior to your scheduled stress test, DO NOT participate in any strenuous and/or stressful physical activities.

1. Please bring a sweater, jacket, or warm clothing because of the COLD temperature that may exist in our waiting room.
2. All patients should wear a TWO piece outfit with a METAL FREE SHORT SLEEVE SHIRT or a SHORT SLEEVE LOOSE FITTING T-SHIRT.
3. Wear shoes and clothing appropriate for exercising.
4. Please DO NOT put any lotion, oils or cologne on prior to the exam.
5. Female patient's need to wear a bra that **DOES NOT** contain an underwire because the wire may interfere with the ECG tracing.
6. **DO NOT** eat or drink after 2 hours prior to your test if otherwise directed by the physician or nurse.
(NO CAFFEINE PRODUCTS 24 HOURS PRIOR TO THE EXAM)
7. Smokers: **DO NOT SMOKE** the morning of the study because the nicotine alters the heart rate response during exercise.
8. Medications: Please follow the instructions provided by your physician and **BRING** all of your medications with you including inhalers and diabetic medications. **PLEASE CALL OUR OFFICE IF ANY QUESTIONS ARISE.**
9. **DIABETICS:** If you have a machine to check your blood sugar, bring it with you on the day of the study.
10. The duration of the procedure is approximately 1 hour. Please make arrangements for this time frame. (i.e. transportation, accompanying a special needs patient.)
11. **Please give us a 24 hour notice if you must cancel this test.**
12. Please be prepared to pay for the following items: Your insurance co-payment and parking on the day of the procedure.
13. **YOU** will be responsible for all personal items/valuable during the procedure. The staff **WILL NOT** be responsible for any items during the testing day.
14. Please contact our billing department at following number: 404-297-9077 if you have any questions regarding your financial obligation.

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