



**TREADMILL PREPARATIONS**

**NAME** \_\_\_\_\_

**DATE OF TEST** \_\_\_\_\_ **TIME** \_\_\_\_\_

**PHYSICIAN** \_\_\_\_\_

**REFERRING PHYSICIAN** \_\_\_\_\_

Please report to Grand River Cardiology at 1000 East Paris, SE, Suite 200 at the appointment time written above.

1. Wear comfortable tie shoes preferably with a rubber sole.
2. Wear comfortable clothing, gym clothes if desired. Women should wear two piece clothing.
3. You may eat a light meal four (4) hours prior to the exercise test.
4. No caffeine or nicotine products 24 hours before your test.
5. Do not plan anything strenuous before or after the exercise test.
6. Please bring a list of your current medications with milligrams (MG) and frequency.
7. Please call our office 24 hours in advance if you are diabetic (if you take insulin or an oral hypoglycemic pill).

Please call our office at (616) 949-8554 if you have any questions. If your current weight is over 350 pounds please call our office immediately to reschedule this test at one of the area hospitals.