



**Montgomery  
Cardiology**

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## Exercise Stress Test

### Fasting

- No Food 4 hours** prior to test  
 **No Food 2 hours** prior to test (diabetics)

### Medications

**If you take a beta blocker, DO NOT take it the evening before or the day of your test**  
(Bring it with you to the appointment)

Please take all other medications that have been prescribed to you

### Additional

**Wear comfortable exercise clothes & sneakers**

If you take nitroglycerin or wear a nitroglycerin patch, do not take the medication or wear the patch on the day of your test, but please bring it with you to the appointment

Your test is scheduled for \_\_\_/\_\_\_/\_\_\_ at \_\_\_\_\_

**There will be a \$50.00 fee for appointments that are canceled without 24-hours notice.  
Additionally, this fee applies for no-shows.**

Tests scheduled for Monday must be canceled or rescheduled by the preceding Friday by 11:00 AM, or the \$50.00 cancellation fee will apply.