

LGH-MERRIMACK VALLEY CARDIOLOGY ASSOCIATES, LLC

*Jose M. Carrion, MD FACC · Richard G. Birkhead, MD FACC · James B. Waters, MD FACC
Harsh C. Santhorawala, MD FACC · Walter M. Jo, MD FACC · Eric J. Ewald, MD FACC · Omar A. Ali, MD FACC
Kirk J. MacNaught, MD FACC · Arash Tabaei, MD FACC · Benjamin Smith, MD FACC · Christopher D. Hong, MD FACC
Brian P. Cullingford, MD – Miret Ibrahim, MD FACC - Sangita Shrestha, NP - Gina Rooks, NP*

CARDIAC REHAB STRESS TEST INSTRUCTIONS PLEASE REVIEW THESE INSTRUCTIONS IMMEDIATELY

PRE-CARDIAC REHAB EXERCISE TOLERANCE STRESS TEST PATIENT PREPARATION / INSTRUCTION SHEET

Please report to: *Merrimack Valley Cardiology Office*

Please review and follow the instructions below:

- Wear comfortable clothing and walking shoes (preferably sneakers).
- Keep meals light on the day of test; eating 2 - 3 hours before scheduled appointment.
- **NO SMOKING, NO CAFFEINE** for 3 hours before test, also **NO DECAFFEINATED** products.
- Male patients, small areas of the chest may need to be shaved to ensure proper adhesion of the leads.
- Do not use body or moisturizing lotion on the upper torso, you can use deodorant.

If you have any questions or concerns, please feel free to call our office at any time at (978) 256-6607.

*Stress Testing Echo and Nuclear Stress Testing Echocardiography Cardiac CT Event Monitoring Holter Monitoring
Pacemaker and Defibrillator Insertion and Management Cardiac Catheterization Angioplasty Interventional Cardiology
Peripheral Vascular Interventions Carotid and Peripheral Vascular Ultrasonography Electrophysiology Evaluation and Therapy*