



NEWPORT COAST CARDIOLOGY
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Exercise Treadmill Pre-Test Instructions

- 1) NO food **TWO (2) hours** prior to test.
- 2) NO lotion on chest area **ONE (1) day** before test.
- 3) Wear comfortable clothing (I.E. Shorts, jogging suit, tee shirts, gym clothing etc.)
- 4) Wear tennis shoes or non-skid shoes if possible.
- 5) NO CAFFINE **TWO (2) hours** prior to test (Coffee, Decaf Coffee, Tea, Soda Etc.)

***** PLEASE DO NOT DISCONTINUE ANY MEDICATIONS*****
***** WITHOUT FIRST CONTACTING YOUR PHYSICIANS *****

If you have any questions regarding this test, please feel free to contact our office:
Tel: (949) 548-6634 Fax: (949) 548-1431

PATIENT NAME: _____

APPOINTMENT TIME: _____

APPOINTMENT DATE: _____