



T-Wave /Stress testing patient instructions

- **Do not use any oils or creams on your body for the day before the test and the day of the test.** (No Dove soap, no body lotion or creams, no powders, no "moisturizing" soaps or bath gels.) Soaps such as Ivory or Zest would be recommended.
- **Wear comfortable clothes and shoes** as you will be walking on a treadmill at a slow speed. *Sneakers would be preferred.*
- **Do not take the morning dose of your beta blocker the day of the test or the dose the evening before the test.** If you take only one dose a day and that dose is taken in the PM, please skip the dose the night before your test. Some common Beta Blocker medications include: Toprol XL, Metoprolol, Coreg, Atenolol, and Propanolol. Please contact the office if you aren't sure if you're taking a B-blocker. You may bring a dose of your medication to take after your test is completed.
- **Gentlemen may opt to shave their chest hair themselves at home prior to arriving for the test.**