

Instructions for Regular Stress & Stress Echo Testing*

- Please make sure you are **well hydrated** prior to the exam. There is no restriction on water intake.
- No **food** for two hours prior to the exam.
- Wear walking shoes or sneakers – **no flip flops or heels.**
- Wear loose fitting comfortable clothing appropriate for exercise.
- No lotions, oils or powders on the chest area.
- Please confirm with your physician **which, if any, medications should be taken the day of testing.**
- No alcohol or sedatives at least four hours prior to the test.
- **The test will approximately take 20 minutes.**

*The cardiac imaging center at Associates in Cardiovascular Disease is an outpatient department of [Overlook Medical Center](#).

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