



Atlantic Health System

Overlook Medical Center

**Cardiovascular Imaging at AICD
211 Mountain Avenue, Springfield, New Jersey 07081**

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 2 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 4 hours prior to the test.
- Please arrive 15 minutes prior to scheduled testing time to complete the check in process. If you are more than 15 minutes late you may need to reschedule.
- The test will approximately take 1 hour.

24 hour notification is required if you need to cancel your appointment.

Dated 4/25/2017