



Dr. Phillip Myatt  
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### INSTRUCTIONS FOR TREADMILL TEST

1. Appointment time: \_\_\_\_\_
2. Please arrive 15 minutes before test..
3. Wear comfortable walking shoes (for example tennis shoes) and comfortable clothes. Please make sure the shirt/blouse is a button down or a comfortable T-shirt. LADIES: Please do not wear a dress or an underwire bra.
4. DO NOT use bath oil, lotion, or powder on the morning of the test. You may use deodorant if desired.
5. Medication: NO HEART OR BLOOD PRESSURE MEDICATION for 24 hours prior to the test.
6. Nothing to eat or drink 1 to 2 hours prior to your test. NO CAFFEINE AFTER MIDNIGHT.
7. Please bring a list of medications that you are taking.
8. If you need to reschedule or cancel your test for any reason call our office.