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How Should I Prepare for the Exercise Treadmill Stress Test?

Before your stress test:

- Do not eat or drink anything except water **for about four hours** before the test.

- Do not drink or eat foods containing caffeine for 12 hours before the test

- **Take your usual Medication** before the test unless advised to stop betablockers such as atenolol or bisoprolol etc or any other type of medication.

What Should I Wear the Day of the Test?

Wear soft-soled shoes suitable for walking and comfortable clothes.