

**Clarkson Heart Center**  
**TREADMILL INSTRUCTIONS**

CHECK-IN LOCATION: 4239 Farnam Street, Suite 100 Omaha, NE 68131

**DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

1. We encourage you to hydrate with water prior to testing, but **DO NOT** eat or drink for 4 hours prior to testing time.
2. Wear comfortable clothing and tennis shoes to your appointment.
3. **DO NOT** make any changes to your medication(s) unless specified by your provider as below:

**Medication(s) to hold prior to testing:** \_\_\_\_\_

Please confirm your appointment when called, in order to avoid delays on testing

**If you have questions, concerns or need to reschedule, please call 402-552-2320 48 hours in advance**