

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Place:** \_\_\_\_\_

Your Stress Test is performed at the Cardiovascular Diagnostic Center and is available at both campuses of Centro Médico ABC: Observatorio and Santa Fe

### Recommendations for the Day of Your Study:

- Please arrive **15 minutes** before your scheduled appointment time with your **medical prescription/order**.
- Do not eat or drink anything for at least 6 hours before the study.
- If you are taking any medication, especially beta blockers and/or antihypertensive medications, please contact your physician at least 24 hours before the study to confirm whether it should be temporarily discontinued.
- Please arrive showered and avoid applying cream, lotion, powder, and/or perfume on the chest area.
- Avoid caffeine for 24 hours prior to the study. This includes coffee, tea, energy drinks, and certain medications containing caffeine.
- Do not smoke on the day of the study, including the use of nicotine patches.
- It is recommended to wear comfortable two-piece clothing that is easy to remove for electrode placement on the chest, as well as tennis shoes or comfortable athletic footwear.
- Female patients may wear a sports bra or athletic top for greater comfort during the study.
- If you have diabetes, please consult your physician before the study to determine whether any special instructions regarding your medications are necessary.

For questions, preparation instructions, or additional information regarding your Stress Test, **please contact the Cardiovascular Diagnostic Center directly.**

---

### Cardiovascular Center

**Monday to Friday**      **Saturdays and holidays**  
7:00 A.M. to 8:00 P.M.    7:00 A.M. to 2:00 P.M.

Observatorio Campus, Central Tower, 2nd Floor | Santa Fe Campus, Central Tower, Plaza Level  
Tel: 55 5230 8000    Ext. 8194 / 8198      |      Tel: 55 1103 1600    Ext. 1626 / 1627

#### Observatorio Campus

Sur 136 No.116, Las Américas,  
01120, Álvaro Obregón, Cd. de México.  
55 5230-8000  
L. Sanitaria 2001003633

#### Santa Fe Campus

Av. Carlos Graef Fernández No.154, Santa Fe,  
05300, Cuajimalpa, Cd. de México.  
55 1103-1600  
L. Sanitaria 1005001030