



Kaiser Permanente Medical Center  
Diablo Service Area  
EKG Department

Cardiac Stress Test—Treadmill

Appointment Date \_\_\_\_\_ Time \_\_\_\_\_

Martinez

Walnut Creek

**For department locations see directions on reverse side.**

**Please read all of these instructions:**

1. **Do not eat** – food for 2-3 hours prior to the test. You may have clear liquids before the test. Clear liquids include water, apple juice, or tea.
2. **If you are taking the following medications, do not** take the morning dose on the day your test is scheduled: Digoxin, Verapamil, Atenolol, Metoprolol, Isordil, Nitroglycerin patch, or Isosorbide. If you are taking Digoxin or Atenolol, please **do not** take these medications on the day before the test as well. The above is true unless your physician tells you otherwise.
3. If you are diabetic, contact your physician regarding your medications on the day of the test.
4. Do not apply oils, creams or lotions to your chest. No fragrance please!
5. Wear comfortable athletic shoes or walking shoes.
6. Wear comfortable clothes (e.g. T-shirt/shorts). No one-piece jump suits.
7. If this test is required for pre-employment, government licensing (e.g. FAA license), life insurance or surgeries/procedures not covered by Kaiser Permanente, there will be a fee.
8. Please allow time for parking.

If you are unable to keep your appointment, it is very important that you let us know as soon as possible by calling **(925) 295-4354 (Walnut Creek) or (925) 372-1520 (Martinez)**.

## **Martinez**

**From the East** - Take Highway 4 westbound. Exit and turn left on Morello Avenue. Turn right onto Muir Road and continue to the medical facility on the left.

**From the West** - Take Highway 4 eastbound. Exit and turn right onto Center Avenue. Continue east on Center Avenue to the medical facility on the left.

The EKG Department is located on the first floor of the Ensenada Building

## **Walnut Creek**

**Southbound on I-680** - If you are coming from north of Walnut Creek, take I-680 southbound and exit at South Main. Turn left and go under the freeway onto South Main. Proceed to Newell, make a left turn, go down about ½ block, and make a left turn into the Kaiser Parking facility.

**East on 24** - Going east on Highway 24 into Walnut Creek, take I-680 south, exit at South Main. Turn left and go under the freeway onto South Main. Proceed to Newell, make a left turn, go down about ½ block, and make a left turn into the Kaiser Parking facility.

**Northbound on 680** - If you are coming from south of Walnut Creek, take I-680 northbound and exit at South Main. Proceed to Newell, make a left turn, go down about ½ block, and make a left turn into the Kaiser Parking facility.

The EKG Department is located on the first floor of the Medical Office Building, Station D.