MONMOUTH CARDIOLOGY ASSOCIATES, LLC

EXERCISE STRESS TEST INSTRUCTIONS

Your physician has ordered a cardiac stress test. This is a special test of your heart monitored by a physician and a trained technician. The test consists of two phases; an exercise period performed on a treadmill and a resting recovery period. Your heart will be monitored by an electrocardiogram and your blood pressure will be monitored frequently by the technician throughout the test.

THE INSTRUCTIONS FOR THE TEST ARE AS FOLLOWS:

1. For morning appointments; have a LIGHT breakfast.
   For afternoon appointments; have a LIGHT lunch.

2. Absolutely No coffee, tea or other caffeine containing foods or beverages 24 hours prior to this test.

3. TAKE ALL MEDICATIONS UNLESS OTHERWISE INSTRUCTED BY OUR OFFICE.
   The technician will call you the day before to review your medications. Please bring all medication you are taking to the appointment.

4. Please wear flat walking shoes or sneakers and comfortable exercise clothing. Women should wear bras.

5. Please allow approximately one hour for the entire test.

6. Please bring your insurance card, prescription from your primary care physician, referral and precertification numbers if required.

***48 HOUR NOTICE IS REQUIRED TO CANCEL THIS TEST***

Please give the office 48 hours notice if you are unable to keep your appointment. After hours, a message may be left with our answering service. Failure to do so may result in a $100.00 cancellation charge for a missed Test appointment. There will also be a $100.00 charge for missed New Patient appointments. This charge will need to be paid before a second appointment can be made.

<table>
<thead>
<tr>
<th>EATONTOWN OFFICE</th>
<th>FREEHOLD OFFICE</th>
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<tbody>
<tr>
<td>11 Meridian Road</td>
<td>222 Schanck Road, Suite 104</td>
</tr>
<tr>
<td>Eatontown, NJ 07724</td>
<td>Freehold, NJ 07728</td>
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<tr>
<td>732-663-0300</td>
<td>732-431-1332</td>
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