

**PREPARATION FOR YOUR DAY AT  
THE SENTARA EXECUTIVE EVALUATION CENTER**

1. Clothing will be that of your choice. We will furnish a robe to wear during the time of your physical examination and medical studies. Please bring jogging shorts and appropriate shoes for use on the treadmill during the stress echocardiographic evaluation.
  
2. Please do not eat or drink anything after midnight. Do not take any medication after midnight. Bring all medications with you. You will be able to take your regularly prescribed medication after certain tests have been performed.
  
3. Please do not use any body lotions or oils.
  
4. We ask that you complete arrangements for payment of the professional fee prior to or on the day of service. Please understand that because of the commitment of physician and technician time, your appointment represents an obligation for you to be present. Do not hesitate to call if you have any questions.

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