



INSTRUCTIONS FOR TMT (STRESS TEST)



PLEASE SCAN FOR
THE LOCATION

Aster
HOSPITAL
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Mankhool, Kuwait Road, Al Mankhool - Dubai

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DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs

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DIGITAL VERSION

INSTRUCTION FOR TMT (STRESS TEST)

- You may be asked not to eat or drink caffeine or smoke for a period of 2 to 3 hours before the test.
- If you are using any inhaler for asthma or other breathing problem, bring it during the test.
- Hold beta blockers medicines on the day of the test if any or as directed by your doctor.
- Report any chest pain or other complication on the day of the test.
- Please do not apply oils, cream, or lotions to your chest and arms on the day of your test.
- Wear comfortable athletic shoes & comfortable clothes.
- Chest hair will be removed as part preparation.

