



TREADMILL STRESS ECHO

PF08406 (R 8/07)

IMPORTANT-READ THESE INSTRUCTIONS 2 DAYS PRIOR TO TEST TREADMILL STRESS ECHO

You have been scheduled at _____
on _____ for a Stress Echo at _____.

1. **DO NOT HAVE CAFFEINE, DECAFFEINATED BEVERAGES, CHOCOLATE, OR TEA FOR 12 HOURS BEFORE TEST.**
2. **IF YOU TAKE ANY OF THE MEDICATIONS LISTED ON THE ATTACHED MEDICATION SHEET, PLEASE DO NOT TAKE THESE MEDICATIONS THE DAY BEFORE AND THE DAY OF YOUR TEST.**
3. **DO NOT USE TOBACCO OR ALCOHOL PRODUCTS FOR 12 HOURS BEFORE TEST.**
4. **DO NOT EAT OR DRINK FOR TWO (2) HOURS BEFORE YOUR TEST WITH THE EXCEPTION OF WATER.**
5. **If you are diabetic, ask your doctor's office for special instructions. If you are currently on insulin, please bring your insulin with you.**
6. Wear comfortable, loose-fitting clothing (short sleeve top, slacks or walking shorts), and comfortable walking shoes, preferably tennis shoes or jogging shoes and socks.
7. Do not apply lotions or powder to the chest area.
8. Allow 1-1/2 hours for completion of the stress test.
9. A technician will be present for the test.
10. Read the attached medication sheet and bring a list of your medications and dosages with you.
11. Please inform the medical personnel of any back problems, problems with walking, recent illness or chest discomfort, etc.
12. If you are a diabetic, please ask your doctor's office for further directions regarding fasting and insulin dosage or call 583-4700 and ask for the Nursing Department.

Arrive 15 minutes prior to scheduled time to allow for registration and basic preparations for the test.



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If you are taking any of the following medications, they need to be stopped the day before and the day of test (or as listed below)

Acebutolol–generic for Sectral capsules	Habitrol	Persantine
Adalat–generic for Procardia	HCTZ & Propranolol–combination products for Inderide	Phrenilin
Aerolate	long-acting Labetalol/Inderide	Pindolol–generic for Visken
Aminophylline (2 full days & test day)	HCTZ & Labetalol (Hydrochlorothiazide)–combination products for Normozide)	Plendil
Amlodipine	HCTZ & Timolol–combination products for Timolol	Poscior
Atenolol–generic for Tenormin/Tenoretic	Hebsera	Procardia & Procardia XL
Benzylamide & Nadolol–combination products for Corzide	Imdur	Propranolol–generic for Inderal products
Betaloc	Inderal injecion	Quibron (2 full days & test day)
Betaxolol–generic for Kerlone	Inderal LA	Respbid (2 full days & test day)
Betazolol	Inderal tablets	Sectral Tablets
Bisoprolol	Inderide	Selecor
Blocadren	Ismo	Slo-Bid (2 full days & test day)
Brevibloc injection	Isordil	Slo-Phyllin (2 full days & test day)
Butalbital	Isosorbide (Dinitrate/Mononitrate)	Sorbitrate
Caduet	Isoptin	Sular
Caffeine	Isradipine	Tarka
Cafergot	Kerlone	Tezczem
Calan and Calan SR	Levitol	Tedril SA (2 full days & test day)
Cardene	Lopressor Ampuls	Tenormin
Cardizem	Lopressor HCT tablets	Tenoretic
Cartelol–generic for Cartrol tablets	Lopressor pre-filled syringes	Theo-X
Carvedilol	Lopressor tablets	Theo-24 (2 full days & test day)
Celiprocil	Marax	Theo-24 Cap (2 full days & test day)
Constant-T (2 full days & test day)	Metoprolol–generic for Lopressor products	Theochron (2 full days & test day)
Corgard	Migranal	Theoclean
Coreg	MiniTran patch	Theo-Dur Tab (2 full days & test day)
Coreg CR	Monoket	Theolair (2 full days & test day)
Corzide	Mudrane	Theolate
Covera	Nadolol–generic for Corgard	Theophylline (2 full days & test day)
Deponit Patch	Nicardipine	Tiazac
Dilacor	Nifedipine–generic for Procardia	Tilazem
Dilatrate	Nitro-Bid	Tildiem
Diltiazem	Nitro-patch	Timolide tablets
Dilor	Nitro-Dur patch	Timolol–generic for Blocadren tablets
Dilor G	Nitroglycerin	T-Phyl (2 full days & test day)
DynaCirc	Nonnodyne	Toprol XL (2 full days & test day)
Elixophyllin	Normozide tablets	Trandate
Esgic	Norvasc	Transderm
Esgic-plus	Oxprenolol	Trental (2 full days & test day)
Excedrin	Pavabid	Trasicor
Fioricet	Papaverine	Unidur
Fioricet with Codeine	Penbutolol–generic for Levitol	Uniphyl tab (2 full days & test day)
Fiorinal	Pentoxifylline–generic for Trental (2 full days and test day)	Vascor
Fiorinal with Codeine		Visken
Gyrocaps		Verapamil
		Verelan
		Ziac
		Zebeta



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Your doctor has ordered a stress echo test. This test will assist him to evaluate the health of your heart and the heart circulation. Problems with heart rate and rhythm that do not occur at rest may become apparent with stress.

A specially trained technician performs the stress test. The technician will explain the procedure and ask you questions about your past health. You will be asked to sign a consent form. Ten electrodes will be applied to your chest. A set of resting images will be taken using an ultrasound probe. Your stress test will then begin. You will start out walking slowly and uphill on a treadmill. At three minute increments the speed and grade will increase. The test will be terminated when you reach 100% of your maximum heart rate or if symptoms occur. You will quickly lay down on the imaging table and another set of images is acquired with the ultrasound probe. Stress echos are performed in the office.

If you have any questions, please feel free to call the office at (989) 583-4700.