

## Stress Echocardiogram – Patient Instructions

**Cardiology Associates of Fredericksburg, Ltd.**  
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Name: \_\_\_\_\_

Ordering Physician: \_\_\_\_\_

Date/Time: \_\_\_\_\_

**If you are unable to keep your scheduled appointment, please notify our office as soon as possible.**

A Stress Echocardiogram is a non-invasive procedure that combines a stress test and an echocardiogram. An echocardiogram uses high frequency sound waves (ultrasound) to look at how the various parts of the heart are functioning. This is done both before and after your heart is stressed either by exercise on a treadmill or by injecting a medicine that makes your heart beat harder and faster. A stress echocardiogram is usually done to find out if you might have decreased blood flow to your heart (coronary artery disease).

**PLEASE FOLLOW INSTRUCTIONS CAREFULLY TO AVOID BEING RESCHEDULED.  
INFORM US IMMEDIATELY IF YOU COULD BE PREGNANT OR  
HAVE PHYSICAL LIMITATIONS THAT MAY PREVENT YOU FROM WALKING ON A TREADMILL.**

### **48 HOURS BEFORE YOUR TEST**

**NO** Viagra, Cialis, Levitra, or Revatio

### **24 HOURS BEFORE YOUR TEST**

**NO** Beta-blockers such as atenolol, metoprolol, Toprol XL, Lopressor, Coreg, carvedilol, Bystolic, bisoprolol (UNLESS otherwise directed by your physician).  
**CONTACT** us if you have questions regarding medications.

### **12 HOURS BEFORE YOUR TEST**

**DO NOT** smoke or use any nicotine products.  
**NO** coffee or tea of any kind.  
**NO** decaffeinated coffee or tea of any kind.  
**NO** colas or soft drinks, including those labeled caffeine free.  
**NO** chocolate (candy, cakes, pies, cocoa, white chocolate, etc.).  
**NO** Anacin, Excedrin or other drugs containing caffeine.  
**DIABETICS** if you take insulin at bedtime, only take half of your usual dose.

### **THE DAY OF YOUR TEST**

**DO NOT** have anything to eat for 4 hours prior to your test.  
**DO** have water, juice or lemonade to ensure that you are well hydrated.

**DO** take your medications as usual, **EXCEPT** those listed above, **UNLESS** otherwise directed by your physician.  
**DO NOT** take any oral diabetic medications, insulin, or water pills (diuretics) until after your test.  
**BRING ALL MEDICATIONS** with you in their original containers, **INCLUDING INHALERS**. We may instruct you to take certain medications before, during, or after your test.

**WEAR** a comfortable loose fitting two-piece outfit. Avoid dresses, jumpsuits, and pantyhose. Ladies must remove their bras for testing.

**WEAR** enclosed shoes appropriate for **WALKING**. No slip-ons, sandals, house shoes, or dress shoes.

**ARRIVE** 30 minutes prior to your appointment time.

**ALLOW** at least 1 to 2 hours to complete the test.

**RESULTS** will be communicated to you by your physician who ordered the test.