

Patient Instruction for Exercise Stress Test & Stress Echo

An exercise test that can show if the blood supply is reduced in the blood vessels that supply the heart. The test can also help the doctor assess your overall fitness level and helps determine the kind and level of exercise appropriate for you.

1. Please refrain from eating a big meal 2 hours before your test. You may drink water. No Coffee.
2. Please: DO NOT take the following heart medications on the day of your test unless your physician tells you otherwise or if it is needed to treat chest discomfort the day of the test:

<p>Beta blockers (e.g., Atenolol [Tenormin], Carvedilol [Coreg], Metoprolol [Lopressor; Toprol], Propranolol [Inderal])</p>	<p>Calcium channel blockers (e.g., Verapamil [Calan SR, Verelan PM, and Calan], Diltiazem [Cartia XT, Tiazac, DILT-XR, Matzim LA, Cardizem LA, Taztia XT, Cardizem CD and Cardizem])</p>
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<p>Isosorbide dinitrate (e.g., Dilatrate ®, Isordil ®, Sorbitate®)</p>	<p>Isosorbide mononitrate (e.g., iSMO®, iMODURL®, Monoket ®)</p>	<p>Nitroglycerin (e.g., Minitran ®, Nitro patches ®, Nitrostat ®)</p>
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3. Your physician may also ask you to stop taking other heart medications on the day of your test. If you have any questions about your medications, ask your physician.
4. If you use an inhaler for your breathing, please bring it to the office on the day of your test.
5. Please avoid any body lotion or moisturizer on your chest or your back area the day of your test.
6. Athletic shoes and comfortable clothing are recommended.

Appointment Date: _____ **Appointment Time:** _____ **Location:** _____

***PLEASE BE AWARE THAT IF THIS APPOINTMENT IS MISSED THERE IS A FEE OF \$300*.**