INSTRUCTION SHEET FOR THE FOLLOWING DIAGNOSTIC TEST:
STRESS ECHOCARDIOGRAM

ABOUT THE TEST: A stress echocardiogram is a test that helps your doctor see how well your heart pumps when it is made to work harder. Using a small hand-held device (called a transducer) which is moved over your chest, sound waves are bounced off your heart and the "echo" of those sound waves is captured and turned into images on a monitor.

The images show the structure and movement of your heart before after you exercise. These before and after images provide your doctor valuable information about the way your heart is functioning when you are at rest and when you work.

EXAM TIME: Approximately 1 hour.
Arrive 15 minutes prior to your scheduled exam time.

PREPARATION:

A) Patients having a morning stress test may eat a light breakfast (i.e., toast, muffin, juice).
B) Patients having an afternoon stress test may eat a normal breakfast and light lunch.
C) No body oils, lotions, or powders to the chest on the day of test as these keep the electrodes from sticking. You may wear underarm deodorant.
D) Wear loose comfortable clothing and shoes (tennis or walking) appropriate for a treadmill (no flip flops or sandals).
E) Please refer to Page 2 to see if you will need to stop taking any medications prior to your test.
F) On the day of your scheduled stress test, **please do not bring any minor children under the age of 18 without another supervising adult.** Should there be an emergency, we are unable to accommodate them. Nor do we have the staff to supervise them during the exam. **Additionally, family and friends are required to wait in the lobby during the exam.**

WHAT YOU CAN EXPECT FOR THE TEST:

Before you start the test, small electrodes are placed on your chest to monitor your heartbeat while you exercise. Then, you will lie down and have a first set of "echo" images taken. You will then walk on a treadmill with levels of speed and elevation increasing at 3-minute intervals. During this time your blood pressure, heart rate and EKG will be monitored until your heart is beating at a certain rate. Once your heart is beating fast enough, you will get off the treadmill and a second set of images of your heart is taken immediately. The doctor then displays the two sets of images side by side to compare the way your heart functions at rest and after exercise.

PLEASE DO NOT TAKE ANY OF THESE MEDICATIONS THE DAY BEFORE OR THE DAY OF THE TEST

BETA BLOCKERS

GENERIC NAME	BRAND NAMES
Atenolol	Tenormin
Metoprolol	Lopressor
Nadolol	Corgard
Pindolol	Visken
Propranolol	Inderal
Bisoprolol	Zebeta, Ziac
Metoprolol ER	Toprol XL
Carvedilol	Coreg, Coreg CR
Bystolic	

CALCIUM CHANNEL BLOCKERS

GENERIC NAME	BRAND NAMES
Diltiazem	Cardizem, Cardizem CR
Verapamil	Calan, Isoptin
Nifedipine	Procardia, Adalat
Amlopidine	Norvasc
Felodipine	

****PLEASE NOTIFY THE OFFICE PRIOR TO YOUR TEST IF YOU HAVE A HISTORY OF SEVERE LUNG DISEASE AND ARE ON ANY PULMONARY MEDICATIONS SUCH AS INHALERS OR BRONCHODIALATORS (I.E., SPIRIVA, ALBUTEROL, ADVAIR, THEOPHYLLIN OR UNIPHYL).****