

Michigan CardioVascular Institute
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Saginaw, Michigan 48601
(989) 754-3000

Michigan CardioVascular Institute
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Bay City, Michigan 48706
(989) 671-2700

Michigan CardioVascular Institute
301 W. Wackerly
Midland, Michigan 48640
(989) 631-6284

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 ANY CAFFEINE, DECAFFEINATED BEVERAGES, CHOCOLATE, OR TEA FOR 12 HOURS BEFORE YOUR 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 1½ 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 (989) 754-3000 and ask for the Nursing Department.

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



THESE MEDICATIONS BEFORE YOUR TEST

FOR 2 DAYS

(1 day before & day of test)

Acebutol--generic for
Sectral capsules
Adalat-generic for Procardia
Amlodipine
Atenolol-generic for
Tenormin/Tenoretic
Benzylamide & Nadolol
-combination products for Corzide
Betaxolol-generic for Kerlone
Betaloc
Betazolol
Bisoprolol
Blocadren
Brevibloc injection
Butalbital
Caduet
Cafergot
Calan and Calan SR
Cardene
Cardizem
Cardizem LA
Carteolol-generic for Cartrol tablets
Cartia
Carvedilol
Celiprocil
Corgard
Coreg
Corzide
Covera
Darvon
Deponit Patch
Dilacor
Dilatrate
Diltiazem
Dilor
Dilor G
DynaCirc
Esgic & Esgic-plus
Excedrin
Felodipine
Fioricet
Fioricet with Codeine
Fiorinal
Fiorinal with Codiene
HCTZ & Propranolol-combination
products for Inderide long-acting
tablets/Inderide

HCTZ & Labetalol (Hydrochlorothiazide)
-combination products for Normozide
HCTZ & Timolol-combination
products for Timolol
Imdur
Inderal injection
Inderal LA
Inderal tablets
Inderide
Innopran
Ismo
Isordil
Isoptin
Isosorbide (Dinitrate/Monitrate)
Isradipine
Kerlone
Labetalol
Levatol
Lopressor Ampuls
Lopressor HCT tablets
Lopressor pre-filled syringes
Lopressor tablets
Lotrel
Marax
Metoprolol-generic for Lopressor
Migranal
MiniTran patch
Monoket
Mudrane
Nadolol-generic for Corgard
Nicardipine
Nifedipine-generic for Procardia
Nisoldipine
Nitro-Bid
Nitro-patch
Nitro-Dur patch
Nitroglycerin
Normodyne
Normozide tablets
Norvasc
Oxprenolol
Penbutolol-generic for Levatol
Pindolol-generic for Visken
Propranolol-generic for Inderal
products
Plendil
Posicor
Procardia & Procardia XL
Ranexa
Sectral Tablets
Selecor
Sorbitrate

Sular
Tarka
Teczem
Tenormin
Tenoretic
Tiazac
Tilazem
Tildiem
Timolide tablets
Timolol-generic for Blocadren
tablets
Toprol XL
Trandate
Transderm
Trasicor
Unidur
Vascor
Visken
Verapamil
Verelan
Ziac
Zebeta

STOP FOR 3 DAYS

(2 days before & day of test)

Aggrenox
Aminophylline
Cilostazol - generic for Pletal
Constant-T
Dipyridamole-generic for Persantine
Elixophyllin
Gyrocaps
Pentoxifylline-generic for Trental
Persantine
Pletal
Respbid
Quibron
Slo-Bid
Slo-Phyllin
Tedril SA
Theo-24
Theo-X
Theochron
Theoclean
Theolate
Theo-Dur Tab & Capsules
Theolair
Theophylline
T-Phyl
Trental
Uniphyl tab



STRESS ECHO

Your doctor has ordered a stress echo test. This test will assist him/her 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 lie down on the imaging table and another set of images is acquired with the ultrasound probe. Stress echos are performed in the offices at MCVI.