



STRESS ECHOCARDIOGRAM

An echocardiogram is a test that uses ultrasound to examine the structure and function of your heart. This test will involve taking ultrasound pictures of your heart before and after exercise.

Please do not use any lotions, powders, etc. the day of your exam. You may wear deodorant. You may have a light meal two hours prior to the test. Avoid caffeine the day of the exam. Wear a comfortable two-piece outfit and rubber soled shoes for exercising on the treadmill.

You may need to stop certain medications. Please refer to the bottom of this form (page 2) for further instructions.

If you are a new patient to our office, please arrive at least 30 minutes prior to your scheduled test time to fill out new patient paperwork. If you are an established patient, you may arrive approximately 15 minutes before your exam.

Appointment Date and Time: _____



Unless otherwise instructed by your physician:

DO NOT take the following medications the evening before or day of your test, but **DO** bring them with you:

Beta Blockers:

Most Common:

Atenolol
Bisoprolol
Carvedilol
Coreg
Inderal
Lopressor
Metoprolol
Propranolol
Toprol
Zebeta
Bystolic
Nebivolol

Less Common:

Acebutolol
Betaxolol
Blocadren
Corgard
InnoPran XL
Kerlone
Nadolol
Sectral
Tenormin

Calcium Channel Blockers:

Most Common:

Cardizem
Calan (SR)
Covera HS
Diltiazem
Isoptin SR
Tiazac
Verapamil
Verelan (PM)