

## STRESS TESTING/STRESS ECHO

Your physician has scheduled you for a stress test/stress echo. Your appointment time is:

PATIENT: \_\_\_\_\_

TIME: \_\_\_\_\_ DATE: \_\_\_\_\_

WHERE: \_\_\_\_\_

### PATIENT PREPARATION FOR STRESS TEST AND STRESS ECHO TEST

- ◆ No food or liquids at least four (4) hours before. You may take your medications with a small amount of water.
- ◆ Do not smoke for at least four (4) hours prior to the test.
- ◆ Wear comfortable walking shoes and loose-fitting, two-piece clothing as you will be walking on a treadmill.
- ◆ Women: Do not wear dresses, skirts, or pantyhose.
- ◆ **DO NOT TAKE THESE MEDICATIONS 24 HOURS PRIOR TO TEST** unless otherwise directed. If you are on Insulin, please contact our office. Take other medications as regularly scheduled with a small amount of water.

Acebutolol	Inderide	Pindolol
Atenolol	Insulin	Propranolol
Betaxol	Kerlone	Sectral
Bisoprolol	Labetolol	Tenoretic
Blocadren	Levatol	Tenormin
Bystolic	Lopressor	Timolide
Carvedilol	Metoprolol	Timolol
Coreg	Nadolol	Toprol
Corgard	Nebivolol	Visken
Corzide	Normodyne	Zebeta
Inderal	Normozide	Ziac
Inderal LA	Penbutolol	

You will be contacted with the results after your physician has had a chance to review your test. If you have any questions, please call (715) 847-2611 or 1-800-441-4013.