



Westchester Health Medical, PC
 Cardiology
 1888 Commerce Street
 Yorktown Heights, NY 10598

STRESS ECHOCARDIOGRAM PATIENT INSTRUCTIONS

Name: _____

DOB: ____/____/____

Date of Test: ____/____/____

Time: ____:____ AM/PM

You have been scheduled for a Stress Echocardiogram. A Stress Echocardiogram incorporates a treadmill test along with imaging of the heart using ultrasound (sound waves). The test will help your doctor determine if there are areas of your heart that do not receive enough blood supply due to coronary artery disease, as well as areas which may have been damaged from a previous heart attack. Ultrasound images will be obtained before and after exercise on the treadmill. During the treadmill you will be continuously monitored for blood pressure, heart rate, rhythm and ECG changes.

The test takes approximately 1 (one) hour.

DO NOT TAKE ANY OF THE FOLLOWING MEDICATIONS 24 HOURS PRIOR TO STRESS TEST

Metoprolol or Toprol, Lopressor
 Coreg or Carvedilol
 Inderal or Propranolol
 Verapamil or Calan
 Cardizem, Diltiazem, Cartia

Ziac, Bisoprolol
 Tenormin or Atenolol
 Bystolic or Nebivolol
 Betapace or Sotolol

INSTRUCTIONS FOR STRESS/ECHO TESTING

1. Patient must fast from all solid foods for 4 hours prior to test.
2. Patient may have liquids but NO CAFFEINE. (Coffee, tea, chocolate, and decaffeinated products.)
3. Diabetic patients may eat a light meal as necessary.
4. No smoking for 6 hours prior to test.
5. No body lotion.
6. Wear workout apparel with sneakers or rubber soled flat heeled shoes. NO SANDALS. (Ladies should wear a 2 piece outfit. NO DRESSES or SKIRTS.)
 NOTE: Gentlemen may have hair shaved from their chest.
7. Or please follow these written instructions

Please refrain from any exercise or strenuous activity until you receive the results of the Stress Test