



## **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 his 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)