

Your doctor has requested that you have a stress echocardiogram. Before starting the test, we will record ultrasound pictures of your heart from four different angles. Because ultrasound is used, you will not be exposed to any radiation or magnetic fields. During the test, you will walk on a treadmill where the speed and elevation of the treadmill is increased at three minute intervals according to a standardized protocol in order to increase your heart rate to a specific target level. When your heart rate reaches the target level, we will again record ultrasound pictures of your heart from the same four angles. During and after exercise, we will continuously monitor your heart rate, blood pressure, and EKG tracings. Your doctor will then compare the two sets of pictures. Similar to other types of stress tests, a stress echocardiogram can help determine the presence of coronary artery blockages as well as their location and severity. The results of this test are immediately available to your physician and are often reviewed with you following the test.

Instructions for stress echocardiogram studies

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT PRIOR TO THE TEST**

(Brushing your teeth is okay).

- Please wear comfortable slacks and walking shoes.
- Please take your usual medications with a small sip of water except those listed below.
- If you have diabetes, please do not take your diabetic medicine or insulin on the morning of your test. If you currently check your own blood sugar, please check it in the morning prior to the test. If your blood sugar level is low, please drink 1-2 glasses of your favorite juice prior to coming in for your test. Please bring all of your diabetic medications with you as you will be able to eat immediately after your test is completed.

PLEASE STOP TAKING THE FOLLOWING MEDICATIONS 12 HOURS PRIOR TO THE TEST:

Toprol (Metoprolol LA)	Lopressor (Metoprolol)	Blocadren (Timolol)
Sectral (Acebutolol)	Zebeta (Bisoprolol)	Tenormin (Atenolol)
Inderal (Propranolol)	Cardizem, Dilacor, Tiazac (Diltiazem)	Bystolic (Nebivolol)
Coreg (Carvedilol)	Normodyne, Trandate (Labetalol)	Visken (Pindolol)
Calan SR Isoptin, Covera, Taraka, Verelan (Verapamil)		Corgard (Nadolol)

If you have any questions regarding this test, please call the office at (770-739-0999).

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