

Appt. Date: _____ Time: _____ AM/PM

INSTRUCTIONS FOR STRESS ECHO PATIENTS

1. No caffeine products after noon the day before the test. This includes but is not limited to: coffee, **decaf** coffee, tea, chocolate, Excedrin, colas, Mountain Dew, etc. Your physician wants you to hold the following medications for 24 hours unless otherwise instructed:

	carvedilol	
Corgard	nandolol	
Inderal	Inderal LA	propranolol
Lopressor	Toprol XL	metoprolol
Sectral	acebutolol	
Tenorin	atenolol	
Trandate	Normodyne	labetalol
Zebeta	bisoprolol	
Ziac	Other: _____	

2. You may eat up to 4 hours prior to the test. After that drink only water. Please drink at least 2 cups during this time so you will be hydrated. If you are diabetic and your blood sugar is low, you can have juice.
3. It is important to shower the day of the test and do not use oils or lotions.
4. Wear comfortable clothing and walking shoes. Do not wear shoes with slick soles or high heels. Do not wear dresses or one-piece jumpsuits.
5. The test will last about 1 ½ to 2 hours.
6. Only the patient is allowed in the testing area.

Please Note: We ask that if you are unable to make your appointment, please contact our office no later than 8:30 the morning of your test. We can be reached at (509) 838-2531 or (800) 776-4048 Ext. 2900.