



BAY HEART & VASCULAR

Patient Name: _____ DOB: _____

Scheduled at: _____ On: _____

Please review these instructions 3 days prior to your test and call our office at 1-877-443-2781 if you have any questions.

IMPORTANT

MEDICATED AND TREADMILL ECHOCARDIOGRAM STRESS TEST PREPARATION

- 1. Do not eat or drink anything but water for four (4) hours before your test.**
 - 2. Do not have caffeinated or decaffeinated products including coffee, chocolate, or tea for twelve (12) hours before test.**
 - 3. Do not use tobacco or alcohol products for twelve (12) hours before test. This includes nicotine gum and patches.**
 - 4. CHECK THE MEDICATION LIST PROVIDED: If you take any of the medications listed on the attached medication sheet, you must stop those medications 2 or 3 days prior to your test, according to the instructions. Any medications not listed can be taken as normal.**
- *** If you are diabetic, you may eat up to two (2) hours prior to your test and take your regular dose of insulin as you normally would. If you do not want to eat prior to your test, please bring your insulin with you, as we will provide snacks to you.**
5. If you have an allergy to Latex products (example: latex gloves, balloons), please notify our office.
 6. Please bring a current list of your medications, including dosages with you to your appointment.
 7. Wear comfortable loose-fitting clothing, such as slacks or walking shorts (no one-piece items such as jumpsuits or dresses). Please do not wear any metal on the chest area, including buttons or zippers.
 8. Please bathe or shower the day of your test, as it will help the quality of the EKG tracing.
 9. Do NOT apply lotions or powder to the chest area. Underarm deodorant is acceptable.
 10. Please allow 1 to 1½ hours for completion of the stress test. This includes preparation time and post-test monitoring.

WHAT SHOULD I EXPECT DURING MY STRESS TEST?

Your doctor has requested one of the following tests: Stress Echocardiogram or Dobutamine Echocardiogram. The purpose of this test is to evaluate and diagnose Coronary Artery Disease. The test begins by performing an Echocardiogram or Ultrasound of your heart.

You will then be prepared for the stress portion of the test. At this time you will either walk on a treadmill or receive medication through an IV. If you are unable to walk on a treadmill, you will be given Dobutamine. This medication will dilate your coronary arteries and increase the blood flow to your heart, simulating what happens when your body exercises. Your heart rhythm, heart rate, blood pressure and oxygen level will be monitored throughout this time. You will then undergo a second Echocardiogram. This will conclude your test.

If you have any questions, please contact us at Bay Heart & Vascular 1-877-443-2781.

STOP THESE MEDICATIONS BEFORE YOUR TEST

Stop for 2 days

(1 day before & day of test)

Acebutol--generic for Sectral capsules

Adalat-generic for Procardia

Amlodipine

Atenolol-generic for Tenormin/Tenoretic

Azor

Benzylamide & Nadolol-combination products for Corzide

Betaxolol-generic for Kerlone

Betaloc

Betazolol

BiDiI (isosorbide)

Bisoprolol

Blocadren

Brevibloc injection

Butalbital

Bystolic-generic Nebivolol

Caduet

Cafergot

Calan and Calan SR

Cardene

Cardizem

Cardizem LA

Carteolol-generic for Cartrol tablets

Cartia

Carvedilol

Celiprocil

Corgard

Coreg

Corzide

Covera

Darvon

Deponit Patch

Dilacor

Dilatrate

Diltiazem

Dilor

Dilor G

DynaCirc

Esgic & Esgic-plus

Excedrin

Exforge

Felodipine

Fioricet

Fioricet with Codeine

Fiorinal

Fiorinal with Codeine

HCTZ & Propranolol-combination products for Inderide long-acting tablets/Inderide

HCTZ & Labetalol

(Hydrochlorothiazide)-

combination products for

Normozide

HCTZ & Timolol-combination

products for Timolol

Imdur

Inderal injection

Inderal LA

Inderal tablets

Inderide

Innopran

Ismo

Isordil

Isoptin

Isosorbide (Dinitrate/Monitrate)

Isradipine

Kerlone

Labetalol

Levatol

Lopressor Ampuls

Lopressor HCT tablets

Lopressor pre-filled syringes

Lopressor tablets

Lotrel

Marax

Metroprolol-generic for Lopressor

Migranal

MiniTran patch

Monoket

Mudrane

Nadolol-generic for Corgard

Nebivolol

Nicardipine

Nifedical XL

Nifedipine-generic for Procardia

Nisoldipine

Nitro-Bid

Nitro-patch

Nitro-Dur patch

Nitroglycerin

Normodyne

Normozide tablets

Norvasc

Oxprenolol

Penbutolol-generic for Levatol

Pindolol-generic for Visken

Propranolol-generic for Inderal products

Plendil

Posicor

Procardia & Procardia XL

Ranexa

Sectral Tablets

Selecor

Sorbitrate

Sular

Tarka

Teczom

Tenormin

Tenoretic

Tiazac

Tilazem

Tildiem

Timolide tablets

Timolol-generic for Blocadren tabs

Toprol XL

Trandate

Transderm

Trasicor

Unidur

Vascor

Visken

Verapamil

Verelan

Ziac

Zebeta

STOP FOR 3 DAYS

(2 days before & day of test)

Aggrenox

Aminophylline

Cilostazol-generic for Pletal

Constant-T

Dipyridamole-generic for Persantine

Elixophyllin

Gyrocaps

Pentoxifylline-generic for Trental

Persantine

Pletal

Respbid

Quibron

Slo-Bid

Slo-Phyllin

Tedril SA

Theo-24

Theo-X

Theochron

Theoclean

Theolate

Theo-Dur Tab & Capsules

Theolair

Theophylline

T-Phyl

Trental U

Uniphyl tab