

STRESS ECHO/EKG TEST INSTRUCTIONS

NAME: _____ APPOINTMENT DATE: _____
 ADDITIONAL TESTS: _____ TIME: _____

PLEASE READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY

1. Wear comfortable clothing and closed toed shoes. You will be walking on a treadmill.
2. No caffeine 24 hrs. prior to testing –coffee, tea, coke, chocolate etc.
3. Fast 6 hours prior to testing. Please drink plenty of water.
4. **Diabetics: If you are on insulin, please take only half of your usual morning dose. If you are on an insulin pump that cannot be adjusted, please inform the technician at your appointment. If you are on oral medication, such as Metformin, please hold your usual morning dose. (bring dose to office)**
5. **Unless otherwise instructed by your physician, please hold the following medications 24 hours prior to testing. If you have any questions, please ask your doctor.**
6. If you are ill, please re-schedule your appointment at least 24 hours prior.

HOLD 24 HOURS PRIOR TO TEST	HOLD 24 HOURS PRIOR TO TEST
<u>BETA BLOCKERS</u>	<u>BETA BLOCKER COMBOS</u>
Acebutolol – (<i>Sectral</i>)	Atenolol/Chlorthalidone – (<i>Tenoretic</i>)
Atenolol – (<i>Tenormin</i>)	Bisoprolol/Hydrochlorothiazide – (<i>Ziac</i>)
Betaxolol – (<i>Kerlone</i>)	Metoprolol/Hydrochlorothiazide – (<i>Lopressor HCT</i>)
Bisoprolol – (<i>Zebeta</i>)	Nadolol/Bendroflumethiazide – (<i>Corzide</i>)
Carteolol – (<i>Cartrol</i>)	Propranolol HCL (SA) – (<i>Inderal (SA)</i>)
Carvedilol – (<i>Coreg</i>)	Timolol/HCTZ – (<i>Timolide</i>)
Esmolol HCL – (<i>Brevibloc</i>)	
Labetalol HCL – (<i>Normodyne, Trandate</i>)	<u>CALCIUM CHANNEL BLOCKERS</u>
Metoprolol – (<i>Toprol, Lopressor</i>)	Diltiazem – (<i>Cardizem</i>)
Metoprolol Succinate – (<i>Toprol XL</i>)	Verapamil – (<i>Calan, Isoptin</i>)
Nadolol – (<i>Corgard</i>)	
Nebivolol – (<i>Bystolic</i>)	
Pindolol – (<i>Visken</i>)	
Propranolol – (<i>Inderal, Innopran</i>)	
Timolol – (<i>Blocadren</i>)	