

Downriver Heart & Vascular Specialists Stress Echo Instructions

Test Date: _____ **Time:** _____

1. No caffeinated or decaffeinated beverages including coffee, soda, any teas, chocolate or alcohol for **24 HOURS prior to your test.**
2. You may eat a small, low fat meal up to 4 hours before the test. Do not have anything to eat 4 hours before your test.
3. Wear comfortable, loose fitting clothes. **Ladies, no dresses please.**
4. Wear walking shoes with rubber soles.
5. Do not use any lotions or oils on your chest area. Avoid body soaps with moisturizer in them.
6. You may bring along a snack: water, juice, crackers, fruit, etc.
7. Bring all your pill bottles, or an **UP TO DATE** medication list.
8. Bring your insurance cards, picture ID, **REFERRALS** (if necessary) and this form.

Any cancellations must be done at least 24 HOURS PRIOR TO YOUR APPOINTMENT TIME. Otherwise you may be charged for the cost of the materials that may be wasted.

Referrals are a patients responsibility.
We recommend that you hand carry your referral on the day of your test. Your test WILL BE RESCHEDULED if we have do not have a referral.
Otherwise, you may be held responsible for any charges.

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You are to hold any Beta Blocker you may be taking for 12-24 hours before your test. If you take the medication **ONCE A DAY**, do not take it the morning of your test. If you take it **TWICE A DAY**, do not take it the evening before, or the morning of your test.

Here is a list of these medications:

ATENOLOL
BETAPACE
BLOCARDEN
BYSTOLIC
COREG
COREG CR
CARVEDILOL
INDERAL
INDERAL LA
LEVAROL
LOPRESSOR
LOPRESSOR HCT
METOPROLOL
PROPRANOLOL
SECTRAL
TENORETIC
TOPROL XL
VISKEN
ZEBETA
ZIAC

Besides any diabetic medications or Beta Blockers, you may take your other medications as you usually do.