

PREPARATION FOR STRESS ECHOS

Regular Stress Echos

Patient has to fast for 2 hours prior to the test.

Please wear proper clothing for exercise:

Men: Gym shorts or sweat pants with supporter, running shoes or comfortable walking shoes

Women: Shorts or loose fitting slacks, sleeveless or short sleeved blouse with front opening; running shoes, sneakers or flat walking shoes.

Medication:

Take your medications (with sips of water) unless you have been otherwise instructed by your AICD physician.

Dobutamine Stress Echos

Patient has to fast for 4 hours prior to the test.

Medication:

If you are taking a beta blocker (ie. Toprol, Metoprolol, Atenolol, Coreg, Zebeta), you should hold these medications for 24 hours prior to the test unless otherwise noted by your AICD physician. Please bring your morning dose with you on the day of the test.

* You are required to notify our office at least 24 hours in advance if you must cancel your appointment. If you fail to do so, you will be billed a cancellation fee.

Updated: October 1, 2010