

## PATIENT INSTRUCTIONS: PLAIN TREADMILL & STRESS ECHO TESTING

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Test Date: \_\_\_\_\_

Test Time: \_\_\_\_\_

This is a time sensitive test. It is imperative that you arrive on time. The instructions directly below are for all types of Stress Echocardiogram Testing. Please continue to read further instructions on the specific type of stress test you are scheduled for. If you have any questions, please do not hesitate to contact the Diagnostics Department at 928-226-6404.

1. The test is 45 minutes to 1.5 hours. It cannot be shortened due to the preparation for all the technologist's involved with the testing.  
The test might require an IV to be started in order to inject the medication.
2. **Do not eat anything 2 hours prior to your appointment. Water ONLY is ok.** If you have an appointment in the afternoon, please have a light breakfast and fast 2 hours before your appointment.
3. Wear comfortable two-piece clothing and walking/comfortable shoes. You will be removing your tops and into a gown for the test. Please only bring materials that are absolutely needed with you; limit jewelry, accessories and valuables.
4. Please read further and follow the specific instructions if you are having an Exercise Stress Test or Chemical Stress Test.

### Treadmill Walking and Dobutamine Stress Test Instructions:

1. Hold medications that lower your heart rate for 24hours prior to the test. Please see list below:

Carvedilol (Coreg)	Digitalis (Digoxin, Digitex, Lanoxin, Lanoxicaps)
Atenolol (tenormin)	Nadolol (Corgard)
Metoprolol (toprol, Toprol XL, Lopressor)	Sotalol (Betapace)
Propranolol (Inderal, Inderal LA)	Isosorbides (Imdur, Isodil)
Bisoprolol (Zebeta)	Amiodarone (Cordarone, Pacerone)
Labetelol (Trandate, Normadyne)	Nebivolol (Bystolic)
2. Take all other medications that are not listed above.
3. If you have further questions, please contact Mountain Heart Diagnostics directly at 928-226-6404.