

Delaware Cardiovascular Associates
1113 S. State Street, Suite 100 Dover, DE 19901
302-734-7676

Prepping for your Stress Echo Test

- Your Stress Echo test will take about 1 hour.
- You may eat a light meal 3 hours prior to your test,
- Wear comfortable clothes and walking shoes. No perfume, cologne or moisturizers. Women: No dresses or one piece outfits.
- Please contact your physician before having this test if you are pregnant or if you have any other problems that would make it difficult to exercise on a treadmill.

IMPORTANT: DO NOT TAKE THE FOLLOWING MEDICATIONS FROM THE LIST BELOW WITHIN 24 HOURS OF THE TEST.

Atenolol	Labetalol (Trandate)
Beta Pace (Sotolol)	Levatol (Penbutolol HCL)
Blocadren (Timolol Meleate)	Lopressor (Metoprolol Tartrate)
Bystolic (Nebivolol)	Sectral (Acebutolol HCL)
Cabetolol	Tenormin/Tenoretic
Cartol (Carteolol HCL)	Timolide (Timolol HCL)
Corgard / Corzide (Nadolol)	Toprol (Metoprolol)
Coreg (Carvedilol)	Verapamil
Diltiazem	Visken (Pindolol)
Inderal/Inderide (Propranolol HCL)	Zebeta (Bisoprolol Fumarate)
Kerlone (Betaxolol HCL)	Ziac (Bisoprolol Fumarate)

Please keep in mind, we will need to elevate your heart rate considerably for this test, so be ready to work out.

There could be a \$50.00 charge for non-cancel of an appointment without a 24 hour notice

PATIENT NAME: _____

Day/Date of test: _____ **Time:** _____

Delaware Cardiovascular Associates