



ELECTROPHYSIOLOGY AND
PACING INTERVENTIONALISTS

STRESS ECHO STUDY INSTRUCTIONS

Special Instructions:

1. **Cancellations:** Notify the office twenty-four hours before the day of the test if you have to cancel your test for any reason.
2. **Food and Drink:** You may eat a light breakfast the morning of your test (e.g. toast and juice.) You may take your routine medications as directed by your physician.
3. **Smoking:** Tobacco in any form should be avoided four hours prior to the test.
4. **Rest:** Try to get a good night's sleep prior to your procedure.
5. **Clothing:** Comfortable, low-heeled, tightly fitting shoes suitable for exercise should be worn to the test. Loose fitting shoes which may slip off during exercise should not be worn. Wear clothing that is loose and comfortable. Please arrive dressed for exercise. You may change clothes after the test if you desire.
6. **Diabetics:** Patients on insulin should take $\frac{1}{2}$ of their normal insulin dose the morning of the test. If the patient is concerned about changing insulin dose, refer patient to discuss the change with the physician who is monitoring their diabetic care for further instruction; oral diabetic medications can be taken as normal. Please bring a light snack.
7. **Medications:** Please bring all of your medications with you to the test. *Please consult your physician for instructions if you are taking a beta-blocker as they are typically held 5 doses prior to this test.*
Examples: Corgard, Nadolol, Inderal, Propranolol, Lopressor, Toprol XL, Metoprolol, Sectral, Acebutolol, Tenormin, Atenolol, Zebeta, Ziac, Bisoprolol, Coreg, Carvedilol, Trandate, Normodyne, Labetalol, Kerlone, Betaxolol, Levatol, Penbutolol, Blocadren, Timolol, Pindolol
8. **Recovery Period:** You will be permitted to return to normal activity after your test has been completed.
9. Please contact your physician after the test to schedule a conference appointment.

Please contact the office between 8:30am and 4:30pm if you have any questions.