

PATIENT INSTRUCTIONS FOR STRESS ECHO

You have been scheduled for a stress echo at Albany Internal Medicine, 2402 Osler Court, Albany, GA 31707. If you have any questions please call (229) 438-3300. Listed below are pretest instructions.

1. Please **DO NOT SMOKE** on the day of your test. You may eat, but do not drink products that contain caffeine, such as coffee, tea, or soft drinks within 12 hours of the test time.
2. If you are currently taking any of the drugs listed below, please do not take them on the morning of the test.
3. Women should wear comfortable slacks, shorts, or jogging pants and tops; no one-piece undergarments or pantyhose.
4. Men should wear comfortable fitting slacks, shorts, or jogging pants and shirt.
5. Wear comfortable walking shoes, as example, tennis shoes. Please do not wear loafers, high heels, or flip-flops. You will be asked to walk or run on a treadmill as part of your test.
6. If you cannot keep your appointment, please notify us at least 48 hours in advance by calling (229) 438-3380.

DO NOT TAKE THESE MEDICATIONS ON THE DAY OF YOUR TEST:

Tenormin (Atenolol)
Coreg or Coreg CR (Carvedilol)
Lopressor (Metoprolol)
Torol XL (Metoprolol XL)
Corgard (Nadolol)
Inderal or Inderal LA (Propranolol)
Zebeta (Bisoprolol)
Ziac (Bisoprolol – HCT)
Betapace or Betapace AF (Sotalol)
Visken (Pindolol)
Sectral (Acebutolol)
Trandate (Labetolol)
Cardizem (Diltiazem)