



## Stress Echo Instructions

Your Doctor has ordered a Stress Echo for you. This procedure includes ultrasound images as well as either walking on the treadmill **or** administration of Dobutamine. After consenting for either test a small catheter may be placed in your arm for medication and/or contrast injection. You will be connected to an EKG machine for the entire test to monitor your heart rate and rhythm. Ultrasound images will be taken before and after the stress portion of the test.

PLEASE READ BOTH PAGES

### Instructions for Stress Echo Tests

Please follow Instructions carefully to avoid rescheduling.

#### 24 hours *before* your scheduled appointment time:

1. NO coffee, tea, or soda, of any kind.
2. NO decaf coffee, tea or soda of any kind.
3. NO chocolate (candy, cakes, pies white chocolate, hot chocolate, etc.)
4. NO products containing caffeine (Anacin, Excedrin, Cafergot, Norgesic, Fioricet, Esgic, Synalgos, Fiorinal, No-Doz, Trental, Wigraine, etc.)
5. NO Persantine (Dipyrdimole).
6. **NO AGGRENOLX...If you are taking this medication please stop three days prior to your test, and replace with one adult aspirin.**
7. **If you are currently taking the following medications please hold 24 hours prior to your test... Bystolic, Toprol, Inderal, Atenolol or Tenormin, Lopressor, Metoprolol, Corgard, Propranolol, Betapace, Ziac, Nadolol, Sotalol, Coreg... Do not take these medications.**
8. **If you take the following medicines please hold the morning of your test, Verapamil, Calan, Covera, Isoptin, Tarka, or Verelan.**
9. **If you are diabetic please take your medication and eat a light meal 3 (three) hours before test.**
10. **If you take Insulin and your test is in the morning: take half your dose and eat lightly three hours before your test.  
If you take Insulin and your test is in the afternoon: you may take all your Insulin with your breakfast and then nothing to eat three hours to your test.**
11. **All other medications not listed above may be taken as needed.**

### The Day of Your Test

1. **Nothing to eat or drink** four hours prior to your test. **DO NOT CHEW GUM, CANDY OR MINTS**
2. You must take all other medicines except those listed above. Please bring your cardiac medicines with you and a list of all others.
3. Wear comfortable clothes, females will be undressing from waist up and asked to wear a gown.

4. Wear comfortable walking shoes or sneakers if walking on the treadmill.
5. Bring your insurance card with you.
6. Please NO lotions, colognes, powders, - You MAY brush your teeth, use deodorant and wear makeup.
7. **Allow 1 hour for a treadmill stress test, and 1 ½ to 2 hours for Dobutamine stress test.**

### **What to expect:**

- Upon your arrival, you will sign a consent form. An IV may be placed in your arm, for either medicine or contrast.
  - You will then be hooked up to EKG monitor, and some ultrasound images will be taken.
1. Exercise- You will walk on a treadmill
  2. Dobutamine- Dobutamine is a chemical stress test. No treadmill is used.
    - After stress test, medicine or treadmill, there will be more ultrasound images taken.
    - The test will then be given to a physician to interpret; you will either get the results at a follow up appt. or from your referring physician.

**The Test will be performed at:**  
**THE HEART AND VASCULAR INSTITUTE OF FLORIDA**