



COMPREHENSIVE CARDIOVASCULAR

INSTRUCTIONS FOR STRESS ECHOCARDIOGRAM

- ❖ Please wear loose comfortable clothing (i.e. tee shirt) and shoes. Shorts or slacks are appropriate. (Ladies: No one piece dresses, long line bras, high heels or bras with underwire please)
- ❖ The exam will take approximately 45 minutes to 1 hour.
- ❖ Nothing to eat or drink after midnight, water is okay. If you have an afternoon appointment you may have a light breakfast (toast, juice, cereal or oatmeal.)
- ❖ No smoking 6-8 hours prior to test.
- ❖ If you need to reschedule your appointment please give us 24 hours notice.
- ❖ **If you are taking any beta blockers or calcium channel blockers DO NOT take them 24 hours prior to your test.**
 - Examples: Atenolol or Tenormen
 - Metoprolol or Lopressor
 - Propranolol
 - Verapamil, Diltiazem or Cardizem
 - Coreg
 - Toprol
 - If you are unsure, please ask the staff to assist you.
- ❖ Please arrive 15 minutes early to your appointment to fill out any paperwork needed.
- ❖ If you need directions to our office please click on the locations link or ask our office staff when they call to schedule or confirm your appointment.

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR APPOINTMENT PLEASE CONTACT
OUR OFFICE AT (661) 323-4278**