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Stress Echo Preparation Instructions

Date of Test: _____ Arrival Time: _____ Physician: _____

Patient: _____

Treadmill Test: Y N

Your physician has ordered a Stress Echo Test. (Treadmill)

All Appointments Wear comfortable clothing. No Overalls or Jumpsuits, No Dresses. Wear comfortable walking shoes.

- NO CAFFEINE OR ALCOHOL 24 HOURS PRIOR TO TEST!!!!
- NO GUM OR TOBACCO PRODUCTS 12 HOURS PRIOR TO THE TEST!!!!

MEDICATIONS:

A. Take all of your medications EXCEPT the following:

- HOLD 24 hours prior to the test: Carvedilol, Coreg, Metoprolol, Lopressor, Toprol, Atenolol, Tenormin, Betaxolol, Kerlone, Betopic, Bisoprolol, Ziac, Zebta, Esmolol, Brevibloc, Nebivolol, Bystolic, Acebutolol, Sectral, Carteolol, Ocupres, Penbutolol, Levatol, Pindolol, Visken.**
- HOLD the morning of the test: Labetalol, Trandate, Levobunolol, Betagan, Metipranolol, OptiPranolol, Nadolol, Corgard, Propranolol, Inderal, InnoPran, Sotalol, Betapace, Sorine, Timolol, Betimol, Blocadren, Istaolo, Timpotic, Diltiazem, Cardizem, Verapamil, Calan, Tarka, Victoza.**

B. If you use an Inhaler, please bring it with you.

Test Instructions were explained to me by: _____

Patient's Signature: _____ Date: _____