

Cardiovascular Medicine P.C.
STRESS ECHOCARDIOGRAM
Patient Preparation Instructions

_____ Davenport Diagnostic Center
2nd Floor, Genesis Heart Institute
1236 East Rusholme
Davenport IA 52803
(563) 324-2992

_____ Moline Diagnostic Center
1st Floor, CVM Heart Center
350 John Deere Road
Moline IL 61265
(309) 743-6700

An echocardiogram is an ultrasound procedure that looks at the heart. Images of the heart's movement are obtained. This is performed while your heart is at rest and immediately following a stress test. You will be walking on a treadmill for the stress portion of your test. It will help your doctor determine if there are significant blockages in the vessels that supply blood to your heart.

If you need to reschedule your test please call 24 hours in advance.

**Failure to follow these instructions may require the test to be rescheduled.
Please read this carefully!**

DATE: _____ **TIME:** _____

INSTRUCTIONS:

1. Do not eat, drink, smoke, or consume caffeine or **4 hours** prior to your test. If you are diabetic please ask your doctor about fasting and taking your diabetic medications.
2. Please see the list below regarding medications to be held for this test.
3. You should take your other medications before and after the test unless instructed otherwise.
5. Bring a list of all your medications or your medication bottles.
6. You will be walking on a treadmill so wear comfortable 2-piece clothing and walking shoes.
7. Please allow about 1 1/2 hours for this test.

Your doctor may ask you to hold the following medications for the indicated number of doses prior to your test: # _____ Doses

_____ acebutolol (Sectral)	_____ labetalol (Normodyne)
_____ atenolol (Tenormin)	_____ metoprolol (Toprol, Lopressor)
_____ atenolol/chlorthalidone (Tenoretic)	_____ nadolol(Corgard)
_____ betaxolol(Kerlone)	_____ pindolol(Visken)
_____ bisoprolol(Zebeta)	_____ propranolol (Inderal)
_____ bisoprolol/HCTZ (Ziac)	_____ propranolol/HCTZ (Inderide)
_____ carvedilol (Coreg)	_____ sotalol (Betapace)
_____ digoxin (Lanoxin)	_____ timolol (Blocadren)
_____ diltiazem (Cardizem, Tiazac)	_____ verapamil (Calan, Isoptin, etc)
	_____ Other _____