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Patient Name

Date of Test

M Tu W Th F

Time of Test

Patient Instructions for Stress Echo Testing

- ✓ You may have a light breakfast or lunch prior to your testing time.
- ✓ DO NOT TAKE BETA BLOCKERS that AM or the PM before the test

*Some examples of Beta Blockers include:

Acebutolol, Atenolol, Betapace, Bisoprolol, Blocadren, Bystolic, Carvedilol, Coreg, Corgard, Inderal, Lopressor, Lotensin, Metoprolol, Nadolol, Propranolol, Sectral, Sotolol, Tenormin, Timolol, Toprol, Triamperene, Zebeta

- ✓ Drink plenty of WATER that day
- ✓ Wear COMFORTABLE shoes and attire
- ✓ Do not use skin cream or lotions before you come in for test
- ✓ Please call the office if you have any questions