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Instructions for Stress Echocardiogram Test

PREPARATION

- ❖ Diet: Nothing to eat 3 hours prior to test. You may drink within reason.
- ❖ Clothing: Wear two-piece, loose fitting clothing and rubber-soled walking or running shoes that are comfortable for exercising.
- ❖ Do not use bath oil, lotion or powder on the morning of the test. You may use deodorant if desired.
- ❖ Insurance: If you are covered by an insurance plan that requires pre-authorization from your primary care physician, please make those arrangements prior to your visit.
- ❖ Medications: Unless otherwise instructed by your physician, do NOT take the following medication the evening before or the day of you test, but DO bring them with you:

Beta Blockers

Most Common

Atenolol or Tenormin
Bisoprolol or Zebeta
Carvedilol or Coreg
Metoprolol or Lopressor or Toprol
Propranolol or InnoPran XL or Inderal
Bystolic or Nebivolol

Less Common

Acebutolol
Betaxolol or Kerlone
Blocadren or Timolol
Nadolol
Tenormin

Calcium Channel Blockers

Diltiazem or Cardizem or Tiazac
Verapamil or Calan or Isoptin or Verelan

BRIEF EXPLANATION OF SEQUENCE OF TEST

- ❖ You will need to undress from the waist up; women will be given a gown to wear.
- ❖ Electrodes will be placed on your chest to monitor your heart rate. The skin may need to be lightly scraped and men may have their chest hair shaved to be able to obtain a clear test result.
- ❖ Echocardiogram images will be obtained prior to and at the end of exercise.
- ❖ Blood pressure cuffs will be used during the test. Please inform the staff if there is a problem using a blood pressure cuff on one arm.
- ❖ You will be asked to walk on the treadmill. As you are walking on the treadmill, the speed and/or incline will be increased every few minutes.
- ❖ It is important to tell the staff if you are having chest pain or discomfort, dizziness, breathing difficulties, or any other problems.
- ❖ You will be asked to exercise for as long as you possibly can or until you have cardiac symptoms. The exercise will end at your request; however, the doctor or staff member may stop the test before then if he or she has the necessary information.
- ❖ When the exercise part of the stress test is completed, the treadmill will stop and you will need to go back to the exam table. A staff member will be standing next to you to assist you. For your safety, please hold onto the bar at the front of the treadmill.

QUESTIONS/CONCERNS

You will be contacted the day before your test to confirm your appointment time. Any questions or concerns you may have can be answered at that time or you may call our office

Thank you for your time and cooperation.