

INSTRUCTION FOR STRESS ECHO AND STRESS TEST

- If you have Asthma bring medications and/or inhalers and inform the tech before your test of your condition
- Wear comfortable clothing with walking shoes
- If you have any hip, knee or ankle problem that may inhibit you from being able to walk on a treadmill please inform the staff before the date of your test.
- No caffeine (soda, coffee or tea) 12 hours before your test
- Have a light meal 2 to 4 hours before your test

Medications you should **not** take the morning before your test:

- **SECTRAL (ACEBUTOLOL)**
- **TENORMIN (ATENOLOL)**
- **KERLONE (BETAXOLOL)**
- **ZEBETA, ZIAC (BISOPROLOL)**
- **COREG (CARVEDILOL)**
- **NORMODYNE, TRANDATE (LABETALOL)**
- **LOPRESSOR, TOPROL-XL (METOPROLOL)**
- **CORGARD (NADOLOL)**
- **NEBIVOLOL (BYSTOLIC)**
- **LEVATOL (PENBUTOLOL)**
- **VISKEN (PINDOLOL)**
- **INDERAL, INDERAL LA (PROPANOLOL)**
- **BLOCADREN (TIMOLOL)**

- ❖ Please call HeartPlace at (817) 922-0439 if you have any question or concerns.