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**Stress Echo Patient Instruction Sheet**

Name: \_\_\_\_\_

Stress Echo Test Date: \_\_\_\_\_ Time: \_\_\_\_\_

You have been scheduled to have a stress echo test to determine if you have coronary disease and to evaluate its extent. This test is designed to detect any significant 'blockages' in your coronary arteries.

Please note the following:

1. MEDICATIONS

- i. **DO NOT TAKE THE FOLLOWING MEDICATIONS 3 days prior to the test** (Metoprolol, Atenolol, Labetalol, Toprol XL, Lopressor, Carvedilol, Coreg, Cardizem, Diltiazem, Digoxin, Verapamil)
- ii. Persantine (dipyridamole)
- iii. Aggrenox
- iv. Theophylline (Theodur, Constant T, Primatene, Quiron, Slo-phylline)
- v. If you are unsure, check with your pharmacist to make sure that none of your medications contain caffeine, theophylline, or dipyridamole.

2. Wear loose, comfortable clothing. Shirts open to the front, Wear sneakers or walking shoes. Please do not wear high heels, slippers or sandals.

3. Food and drink

- a. **DAY BEFORE THE TEST STOP ON** \_\_\_\_\_
- b. **NO** coffee or tea (not even decaf) You may have milk, juice or water & normal meals
  - i. **NO** soft drinks (not even caffeine free)
  - ii. **NO** chocolate in any form (candy, cake, cookies, ice cream, milk, hot cocoa)
  - iii. **No** Anacin or Excedrin (aspirin products containing caffeine)
    - 1. Note: most migraine medications contain caffeine
- c. **Day of the test** \_\_\_\_\_
  - i. **LIGHT MEAL UP to (2) Hours before test NO CAFFEINE**
  - ii. No smoking
  - iii. You may shower with soap, but do not apply any lotion or powder to your body.
  - iv. You do not need someone to bring you here (Please limit (1) family member to accompany you if you do not drive no small children please

These instructions have been provided as general guidelines for the test. If you have any questions or concerns, please speak with the doctor. Further opportunity for questions will be presented on the day of your test prior to consent.