



Colorado Cardiovascular Center
(303) 544-1200

Stress Echocardiogram Instructions

Your physician has ordered a stress echocardiogram test to evaluate the function of your heart with exercise. In order to obtain the most accurate results, it is important that you follow these instructions:

1. **Beta-blocker** medications may interfere with achieving an adequate stress on the heart. Please see reverse side for the complete list. **DO NOT TAKE THESE THE DAY OF YOUR STRESS ECHO.** You should take all your other medications as instructed. Please call if you have any questions.
2. Have nothing to eat 3 hours prior to your scheduled appointment, unless you are diabetic, then you may eat a light meal. You may drink water and juice (**without caffeine**) up until your appointment time.
3. No caffeinated or carbonated beverages for at least 12 hours prior to the scheduled test. This includes *decaffeinated* beverages such as coffee, tea, soft drinks, and chocolate.
4. You can expect to be here for 1.5 hours for the stress echo. Please wear comfortable and loose-fitting sweat pants, shorts, or aerobic pants, and comfortable walking or tennis shoes. Women will be required to wear a gown, which will be provided for you. You will not be able to wear a sports bra during the test.

YOUR TEST IS SCHEDULED FOR _____ AT _____

(more instructions on reverse)

Please do NOT take these medications (beta-blockers) the day of your stress test:

NAME BRAND:

GENERIC:

Betapace

Cartol

Coreg

Corgard

Inderal

Kerlone

Levatol

Lopressor, Toprol

Normodyne

Sectral

Tenormin

Trandate

Visken

Zebeta

Bystolic

Sotalol

Cartelol

Carvedilol

Nadolol

Propranolol

Betaxolol

Penbutalol

Metoprolol

Labetalol

Acebutalol

Atenolol

Labetalol

Pindolol

Bisoprolol

Nebivolol

Please take all other medications not listed above.