



**Location:**

216-16 Union Turnpike, Bayside

266-19 Union Turnpike, Queens

207-07 Hillside Avenue, Queens

## **STRESS ECHOCARDIOGRAM INSTRUCTIONS**

**Appointment Date & Time:** \_\_\_\_\_

**Your doctor has ordered for you to have a stress echocardiogram. There are some things you need to know to be prepared. Please read below instructions:**

### **Exercise Stress Echocardiogram**

- You will be walking on a treadmill for this test. If you have never used a treadmill before please tell us. We will teach you.
- To do a quality stress test, you may need to walk fast to increase your heart rate. If this is impossible for you, please discuss this with your doctor.

### **Dobutamine Stress Echocardiogram**

- You will be given an injection of medication that increases your heart rate, simulating exercise for patients who are unable to exercise on a treadmill.

### **Regadenoson (Lexiscan) Stress Echocardiogram**

- You will be given an injection of medication that increases the blood supply to your heart (Regadenoson) and one that increases your heart rate (Atropine).

1. **Food/Drinks:** Please do not eat for 3 hours before the test, but you may drink plenty of water. If you have diabetes, please inform your doctor.
2. Please wear comfortable walking shoes or sneakers and comfortable clothing. Refrain from wearing dresses or jumpsuits.
3. Men, you may need to have some chest hair shaved.
4. **Medications:** In *certain circumstances*, patients will be instructed to hold their beta blockers and calcium channel blockers 24 hours prior to the test. If you are on beta blockers please ensure that your doctor discussed whether or not he/she wants you to discontinue them before coming in for the test. If you are unsure and/or if the doctor did not discuss this with you, please call our office at 718-465-4000 with any questions. All other medications may be continued unless instructed otherwise by the doctor.
5. Avoid using any lotions, creams, moisturizing soaps and powders on your chest on the day of your test. You may use deodorant and lotions elsewhere on your body.
6. **\*\*DO NOT EAT OR DRINK Caffeinated OR Decaffeinated products 24 hours prior to stress testing\*\***  
This includes chocolate, coffee, tea, cold medications, soda and energy drinks.
7. **DO NOT SMOKE** on the day of the test, as nicotine can interfere with the results of the test.
8. Please arrive 15 minutes before your scheduled appointment time. Please expect for your appointment to take 1 hour.
9. **If you are unable to keep your appointment, please call the office to cancel or reschedule as soon as possible.**
10. **Please call us with any questions you may have at 718-465-4000.**

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